

# Pandemic and Mental Health

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# Anxiety

## Definition of *anxiety*:

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- A: (1) : apprehensive uneasiness or nervousness usually over an impending or anticipated ill : a state of being [anxious](#) .
- (2) *medical* : an abnormal and overwhelming sense of apprehension and fear often marked by physical signs (such as tension, sweating, and increased pulse rate), by doubt concerning the reality and nature of the threat, and by self-doubt about one's capacity to cope with it
- B : mentally distressing concern or interest.
- C : a strong desire sometimes mixed with doubt, fear, or uneasiness
- D: a cause of anxiety

# Signs and Symptoms

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- Feeling nervous, restless or tense
- Having a sense of impending danger, panic or doom
- Having an increased heart rate
- Breathing rapidly (hyperventilation)
- Sweating
- Trembling
- Feeling weak or tired
- Trouble concentrating or thinking about anything other than the present worry
- Having trouble sleeping
- Experiencing gastrointestinal (GI) problems
- Having difficulty controlling worry
- Having the urge to avoid things that trigger anxiety

# Types of Anxiety Disorders

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- **Agoraphobia** (ag-uh-ruh-FOE-be-uh) is a type of anxiety disorder in which you fear and often avoid places or situations that might cause you to panic and make you feel trapped, helpless or embarrassed.
- **Anxiety disorder due to a medical condition** includes symptoms of intense anxiety or panic that are directly caused by a physical health problem.
- **Generalized anxiety disorder** includes persistent and excessive anxiety and worry about activities or events — even ordinary, routine issues. The worry is out of proportion to the actual circumstance, is difficult to control and affects how you feel physically. It often occurs along with other anxiety disorders or depression.
- **Panic disorder** involves repeated episodes of sudden feelings of intense anxiety and fear or terror that reach a peak within minutes (panic attacks). You may have feelings of impending doom, shortness of breath, chest pain, or a rapid, fluttering or pounding heart (heart palpitations). These panic attacks may lead to worrying about them happening again or avoiding situations in which they've occurred.

# Additional Anxiety Disorders

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- **Separation anxiety disorder** is a childhood disorder characterized by anxiety that's excessive for the child's developmental level and related to separation from parents or others who have parental roles.
- **Social anxiety disorder (social phobia)** involves high levels of anxiety, fear and avoidance of social situations due to feelings of embarrassment, self-consciousness and concern about being judged or viewed negatively by others.
- **Specific phobias** are characterized by major anxiety when you're exposed to a specific object or situation and a desire to avoid it. Phobias provoke panic attacks in some people.
- **Substance-induced anxiety disorder** is characterized by symptoms of intense anxiety or panic that are a direct result of misusing drugs, taking medications, being exposed to a toxic substance or withdrawal from drugs.

# Depression

## Definition of Depression:

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A. an act of depressing or a state of being depressed: such as

(1) : a state of feeling sad : dejection anger, anxiety, and depression

(2) : a mood disorder marked especially by sadness, inactivity, difficulty in thinking and concentration, a significant increase or decrease in appetite and time spent sleeping, feelings of dejection and hopelessness, and sometimes suicidal tendencies bouts of depression suffering from clinical depression

B. (1) : a reduction in activity, amount, quality, or force a depression in trade

(2) biology : a lowering of physical or mental vitality or of functional activity

# Signs and Symptoms

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- Feelings of sadness, tearfulness, emptiness or hopelessness
- Angry outbursts, irritability or frustration, even over small matters
- Loss of interest or pleasure in most or all normal activities, such as sex, hobbies or sports
- Sleep disturbances, including insomnia or sleeping too much
- Tiredness and lack of energy, so even small tasks take extra effort
- Anxiety, agitation or restlessness
- Reduced appetite and weight loss or increased cravings for food and weight gain
- Slowed thinking, speaking or body movements
- Feelings of worthlessness or guilt, fixating on past failures or self-blame
- Trouble thinking, concentrating, making decisions and remembering things
- Frequent or recurrent thoughts of death, suicidal thoughts, suicide attempts or suicide
- Unexplained physical problems, such as back pain or headaches

# Types of Depression

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- **Persistent depressive disorder** is depression that lasts for two years or more. It's also called dysthymia or chronic depression. Persistent depression might not feel as intense as major depression, but it can still strain relationships and make daily tasks difficult.
- **Bi-Polar Depression Disorder** formerly called manic depression, is a mental health condition that causes extreme mood swings that include emotional highs (mania or hypomania) and lows (depression).
- **Perinatal depression** occurs during pregnancy or within four weeks of childbirth. It's often called postpartum depression. But that term only applies to depression after giving birth or while pregnant.
- **Seasonal depression**, also called [seasonal affective disorder](#) and clinically known as major depressive disorder with seasonal pattern, is depression that's related to certain seasons. For most people, it tends to happen during the winter months.
- **Situational depression**, clinically known as adjustment disorder with depressed mood, looks like major depression in many respects.

# Codependency

## Definition of *codependency*

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: a psychological condition or a relationship in which a person is controlled or manipulated by another who is affected with a pathological condition (such as an addiction to alcohol or heroin)

# Signs and Symptoms

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- Have an excessive and unhealthy tendency to rescue and take responsibility for other people.
- Derive a sense of purpose and boost your self-esteem through extreme self-sacrifice to satisfy the needs of others.
- Choose to enter and stay in lengthy high-cost caretaking and rescuing relationships, despite the costs to you or others.
- Regularly try to engineer the change of troubled, addicted, or under-functioning people whose problems are far bigger than your abilities to fix them.
- Seem to attract low-functioning people looking for someone to take care of them so they can avoid adult responsibility, consequences, or attract people in perpetual crisis unwilling to change their lives.
- Have a pattern of engaging in well-intentioned but ultimately unproductive unhealthy helping behaviors, such as enabling

# Complicated Grief

## Definition of

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- Losing a loved one is one of the most distressing and, unfortunately, common experiences people face. Most people experiencing normal grief and bereavement have a period of sorrow, numbness, and even guilt and anger. Gradually these feelings ease, and it's possible to accept loss and move forward.

# Signs and Symptoms

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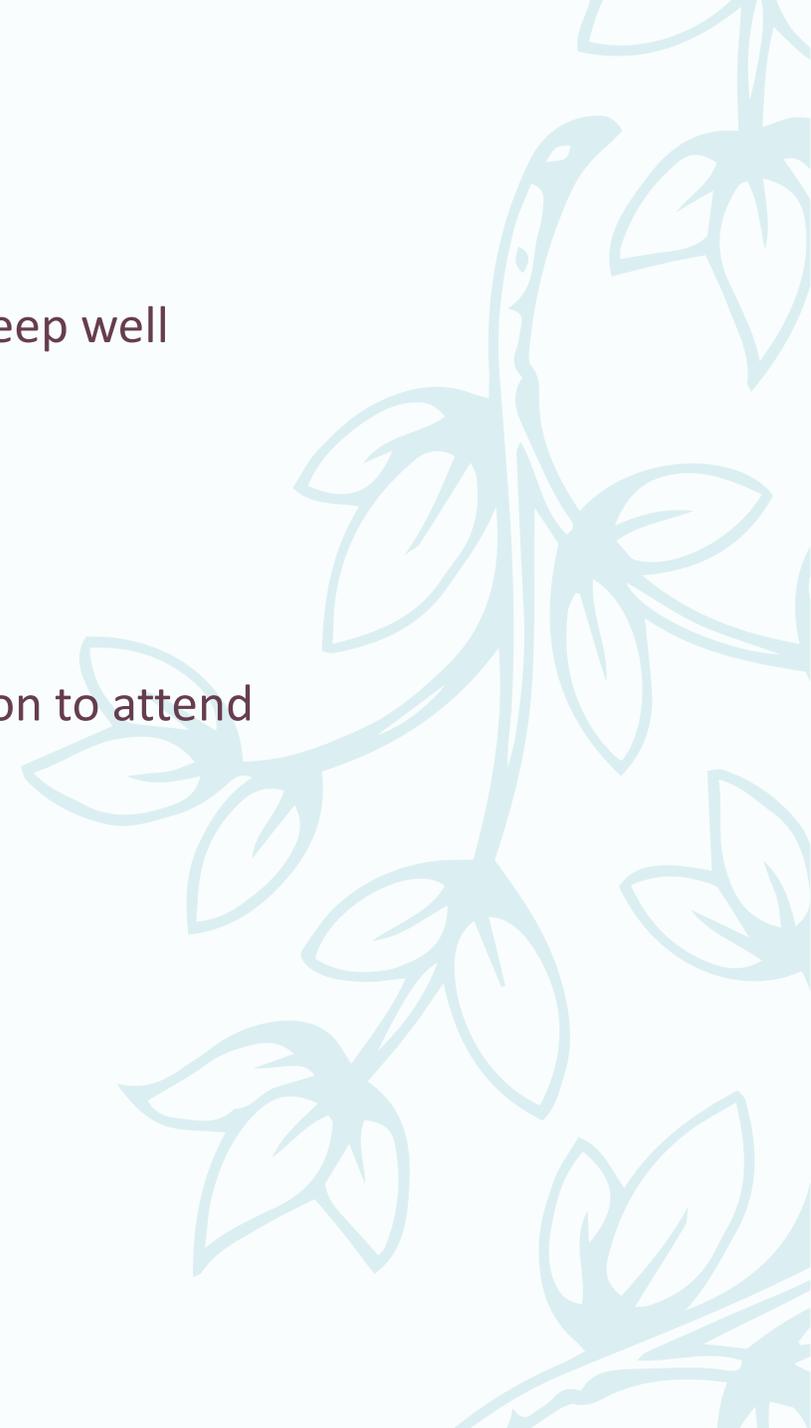
- Intense sorrow, pain and rumination over the loss of your loved one
- Focus on little else but your loved one's death
- Extreme focus on reminders of the loved one or excessive avoidance of reminders
- Intense and persistent longing or pining for the deceased
- Problems accepting the death
- Numbness or detachment
- Bitterness about your loss
- Feeling that life holds no meaning or purpose
- Lack of trust in others
- Inability to enjoy life or think back on positive experiences with your loved one



# Supporting Yourself and Others

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- Keep a routine
- Stay healthy –attend doctors appointments, wash hands, drink water, sleep well
- Stay active-seriously exercise!
- Create boundaries/except boundaries others set
- Keep connects with people who bring joy
- Support others efforts to take care of their mental health- give permission to attend appointments.
- Limit media exposure
- Go outside
- Show empathy



# It's Not All Bad

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- Creating New Traditions
- Increased Understanding of Mental Health
- Spending More Time Together
- More Selective about Relationships
- Reduced ER visits
- More People are Seeking Help
- More Active Outdoors
- More Projects are Getting Done
- Donations are Up