

# Covid-19: Is it impacting you mentally?

The ongoing Covid-19 pandemic can bring about physical and mental challenges. Although most people who get Covid-19 recover quickly, for some the mental effects of the virus can last for weeks or months. For some, it can seem like a cycle of improving for a time and then getting worse again.



## The most common mental health conditions related to Covid-19 is :

- Memory and concentration problems.
- Difficulty thinking straight (brain or COVID "fog").
- Sleep disruption - ranging from sleeping too much to insomnia.
- Depression
- Anxiety
- PTSD (post traumatic stress disorder).
- Changes in mood, extreme emotions.

### Tips to boost your mood and stay on top of your mental health

- Be kind to yourself during your recovery - be prepared that some days will be worse than others.
- Connecting with other people can help you feel happier - make sure to keep in touch with family and friends.
- Having a daily routine can be good for your mood and sense of stability.
- Stay active - continuing to move will help release endorphins and improve your mood.

### Tips for thinking or memory problems

- Make notes to help you remember things - whether it's for work meetings or medical appointments.
- Try to reduce distractions, e.g., closing the door.
- It can help to make a clear plan before approaching any new or complicated problem or situation. Break it down into steps and keep checking your plan as you follow it.

### Tips for improving your sleep

- Stick to a sleep schedule. Set aside no more than eight hours for sleep.
- Pay attention to what you eat and drink. Don't go to bed hungry or stuffed.
- Create a restful environment. Create a room that's ideal for sleeping.
- Limit daytime naps.
- Include physical activity in your daily routine.
- Manage worries and anxiety by seeking assistance.

### Anxiety management strategies

- Slow breathing. When you're anxious, your breathing becomes faster and shallower.
- Progressive muscle relaxation. Find a quiet location.
- Focus on the present moment instead of the past or future.
- Healthy lifestyle.
- Take small acts of bravery.
- Challenge your negative self-talk.
- Restrict worry time.
- Get to know your anxiety by talking to a professional.

**EAP Counsellors are available 24 hours/day,  
7 days/week to offer counselling and support.  
CALL 010 133 0525 if you need help!**