

Event News

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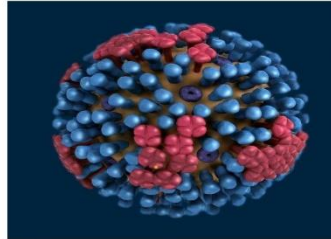
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Demo

Covid-19 and Mental Health

The coronavirus disease 2019 pandemic has taken a toll on the mental health of millions of people around the world. For many people, it is challenging to adapt to the new realities of working from home, temporary unemployment, home-schooling of children, and lack of physical contact with other family members, friends and colleagues. Added to this comes managing the fear of contracting the virus and worry about people close to us who are particularly vulnerable.

The World Health Organization (WHO) has issued considerations to support mental and psychological well-being during the pandemic. The WHO said that it is normal to feel fearful and anxious during this time.



<https://pixnio.com/science/microscopy-images/influenza/3d-graphical-representation-of-ultrastructure-and-is-not-specific-to-a-seasonal-a-vian-or-2009-h1n1-virus>



<https://www.who.int/news-room/spotlight/news-feature/2020/04/2020-04-20-mental-health>

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A VOCABULARY

I. Choose the correct definition.

- To have a serious, bad effect on someone or something.
A. taken a toll B. distress C. mental well-being
- Become adjusted to new conditions.
A. anxious B. misery C. adapt
- At risk; unsafe
A. vulnerable B. stressed C. well-being

B DISCUSSION

I. Let's talk!

Try your best to answer each question in complete sentences.

- What are the effects of the Covid-19 on mental health?
- What can I do to cope with the effects of Covid-19 quarantine?
- Is this pandemic stressful?
- How does the government take care of its people during this time of pandemic?