Panic Attacks and Night Terrors: The Mental Health Toll of Coronavirus

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HuffPost [1]

The stress and uncertainty of the coronavirus could pose long-term challenges, especially for those with mental health conditions. That is according to experts, who warn that isolation can make people more vulnerable to anxiety, depression, and suicidal behavior. In addition, disruptions to work and home life can be hard to navigate without support. To protect against the long-term effects of coronavirus stress, experts recommend adopting healthy habits now. That includes adopting a routine, limiting news consumption, and staying connected with others. Physical distancing does not have to mean emotional distancing, said Heidi Kar, a psychologist who works at Education Development Center. She pointed to phone calls, video chat, and telehealth appointments as helpful ways to maintain a support system.

Spark Extra! Learn more about the value of social connectedness [2].

Links within this resource
[1] https://www.huffpost.com/entry/panic-attacks-and-night-terrors-the-mental-health-toll-of-coronavirus_n_5e7239b2c5b6eab7794061a9