

Webinar on Covid 19 Pandemic and Emotional Well being of Youth

Department of Psychology, Vimala College(Autonomous), Thrissur in collaboration with Field Outreach, Thrissur conducted a webinar on Covid 19 Pandemic and Emotional Well being of Youth on August 20th, 2020. The programme commenced at 3 pm. Dr Sinto P Anto, Head of the Department of Psychology, welcomed the dignitaries and the participants of the webinar. Dr George Mathew, Assistant Director and Head, Field Outreach Bureau, Thrissur inaugurated the programme and he explained about the relevance of building resilience among youth to face the challenges in Pandemic situations. Dr Subrahmanian, Senior Consultant, Child and Adolescent Clinic, Government Mental Health Centre, Thrissur was the resource person for the day. He discussed about various challenges of youth during Covid 19 pandemic situations. He explained about Coronaphobia which is known as mass fear of covid 19 pandemic. Covid 19 has created lot of stress among the public which lead to various mental illnesses including suicide and drug abuse etc. Lot of researches have to be conducted to study the impact of pandemic on the mental well being of youth. Interactive session was done at the end of the session to discuss the issues faced by the participants. Miss Sreedevi M M delivered the vote of thanks. Session concluded at 5 pm.

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- ✓ hanna yesudas
- ✓ saneendra saravanan

234 of 717 participants

THE IMPACT

- Acute panic, Anxiety, Obsessive behaviours,
- Hoarding, Paranoia, and depression,
- Post-traumatic stress disorder (PTSD)
- "infodemic" spread via different platforms of social media.
- racism, stigmatization..
- Frontline healthcare workers are at higher-risk of contracting the disease -Burnout, Anxiety, fear of transmitting infection, feeling of incompatibility, Depression, substance-dependence, and PTSD.
- LOCKDOWNS - will disrupt children's usual lifestyle and may cause florid mental distress

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er people, their caregivers, psychiatric patients and marginalized communities -need special attention

Meeting details

People... (182) 170 Chat (39)

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The impact

- On Psychosocial functioning of those in Quarantine
- Those in Isolation
- Their family members
- Primary and secondary contacts
- Dependent people
- Secondary effects of stress - on others

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THIS WEBINAR AIMS TO

- HELP YOU UNDERSTAND YOURSELF BETTER
- HELPS TO UNDERSTAND PEOPLE IN DISTRESS
- EMPOWERS YOU REACH OUT AND HELP

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Psychosocial Support for Children during COVID-19
A Manual for Parents and Caregivers

unicef

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240 of 722 participants Start: 14:34

Psychosocial and Mental health well-being of children

Understanding emotional needs of children

1. Children may express psychological distress (anxiety, sadness) by acting out in a different way -. Some may become silent while other may feel and express anger and hyperactivity.
2. Caregivers need to be patient with children and understand their emotions.
3. All emotions are valid emotions, and as caregivers we need to understand them with empathy.
4. Sometimes engaging in a creative interactive activity, such as playing and drawing can facilitate this process. Help children find positive ways to express disturbing feelings such as anger, fear and sadness.
5. Keep regular routines and schedules as much as possible.
6. If children are witnessing violence at home, or if they are the target of the violence, it causes trauma and distress and may lead to disruptive behaviour.
6. Explain to them that nobody should be stigmatized or signaled for having the disease.

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5. Keep regular routines and schedules as much as possible.
6. If children are witnessing violence at home, or if they are the target of the violence, it causes trauma

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Understanding emotional needs of most vulnerable children

Children who are most vulnerable face more challenges and may therefore need more care and attention. Some of these children do not have strong support systems and emotional references. The fear and stress caused by COVID-19 may increase their sense of insecurity and cause even more serious mental health issues if not addressed in a timely manner.

This includes:

- Children in child care institution (CCIs) or without parental care
- Street connected children
- Children of migrant workers put into isolation facilities
- Children in other NGO shelters etc.

I am alone Insecure Nobody cares for me

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✓ samesandra siravanana

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5 Golden Rules to #StaySafe Online

01 IT IS OK TO BLOCK SOMEONE YOU ARE NOT COMFORTABLE COMMUNICATING WITH

DO NOT ACCEPT FRIEND REQUESTS FROM STRANGERS 02

03 IF AN E-MAIL LOOKS SUSPICIOUS IT IS BEST TO DELETE IT OR MARK IT AS JUNK

PASSWORDS ARE NOT SOCIAL DO NOT SHARE YOUR PASSWORD WITH ANYONE 04

REMEMBER TO LOG OUT WHILE USING A PUBLIC COMPUTER

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Subramanian S.V. Dr.

Sinto Denny

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