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Government of India



Economic Advisory Council to the Prime Minister
Government of India



Resilient India - Disaster Free India



Webinar on Psychosocial Care and Mental Health in Industry “*Post Lockdown*”

June 05, 2020



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- ❖ *Sharpest pull back in human history*
- ❖ *Record braking spike in unemployment*
- ❖ *Global pandemic compound fiscal crisis*
- ❖ *2007-08 higher rate of depression anxiety & alcohol*
- ❖ *2008 great recession ushered 13% suicide*
- ❖ *Due to unemployment @ income inequality*
- ❖ *Fear from virus, collective grief*



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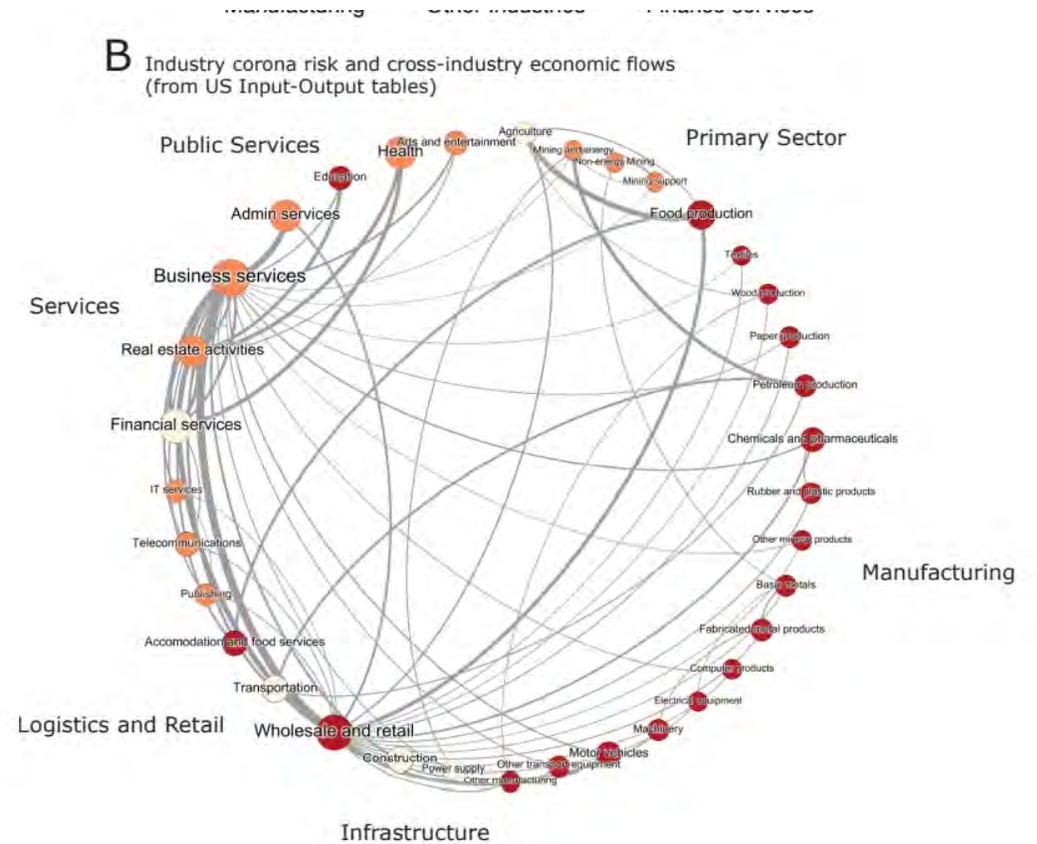




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- *Wide spread distress*
- *Mass lay offs*
- *Prolonged period Unemployment*
- *Income in equality*
- *Increase in medical absenteeism, insurance claim*
- *Anxiety, stress , financial strife , grief, general uncertainty*



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Impacts

- Loss of employment
- Lay off
- Pay cuts
- Pink slip
- Debts



- Not paying salary
- Need to find a new job
- Job insecurity
- Loss of income
- Need to confine to homes
- Alcohol consumption
- Coping with the loss of daily routine

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IMPACT OF COVID-19

Physical Impact



Economical Impact



Social Impact



Psychological Impact



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PHYSICAL IMPACT

Headaches
Increased heart rate
Stomach upset
Fatigue
Other uncomfortable sensations
Sleep problems
Lower appetite
Lower energy



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ECONOMICAL IMPACT

- Breakdown of basic supplies
- Unable to work
- Difficulties to run family without livelihood options
- Unemployment
- Low GDP



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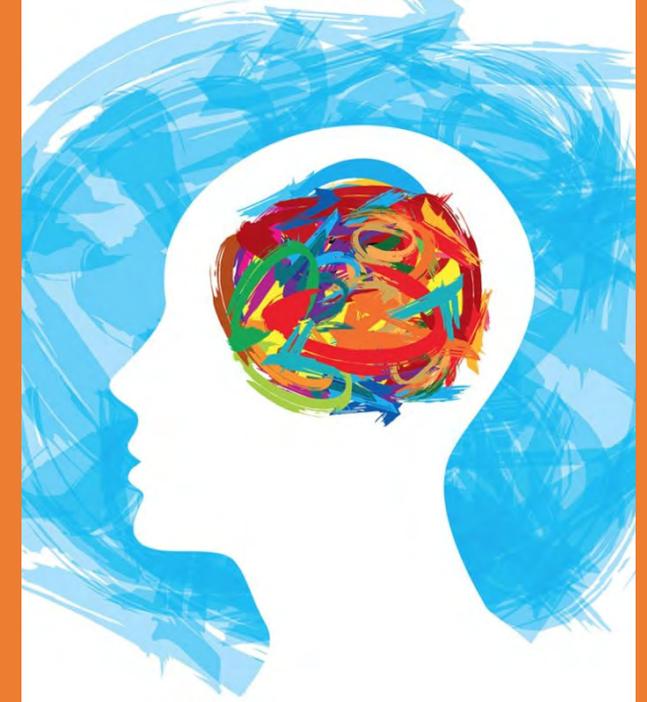
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PSYCHOLOGICAL IMPACT

- Virus-related worries and insecurity
- Feelings of being overwhelmed by events, powerlessness
- Self-verbalization that does not always reflect reality
- Negative vision of things or daily events
- Feelings of discouragement,
- Insecurity,
- Sadness,



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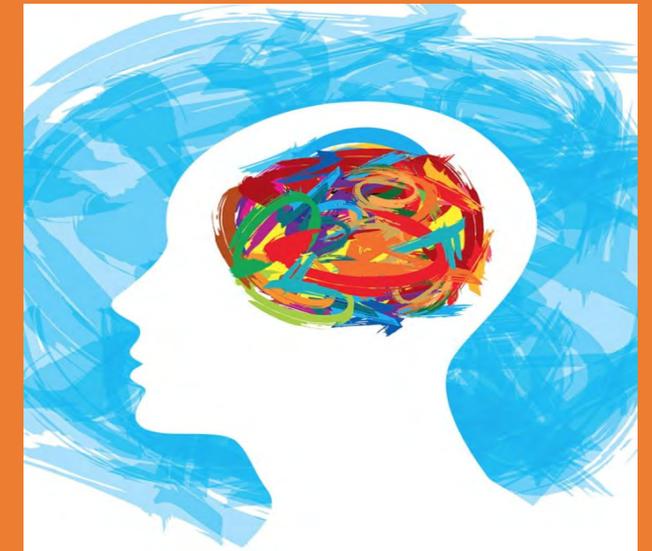


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PSYCHOLOGICAL IMPACT

- Irritability, Aggression,
- Anger,
- Difficulty concentrating,
- Crying,
- Withdrawal,
- Insularity,
- Difficulty in taking decisions,
- Increased use of alcohol, tobacco, or other drugs



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SOCIAL IMPACT

- Lack of privacy within the family
- Discontinuity of regular life
- Change in the family structure
- Social deviation like caste, religion, and so on.
- Migration, Abuses
- Interpersonal issues, Social isolation
- Domestic violence
- Unable to attend loved one funerals
- Stigma, rumors
- Change in relationship at onsite



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Mental health in the workplace



- Globally, an estimated 264 million people suffer from depression
- Depression and anxiety disorders affects in productivity.
- Unemployment is a risk factor for mental health problems
- A negative working environment may lead to physical and mental health problems.
- Harmful use of substances or alcohol, absenteeism, loss of productivity, increased absenteeism are some of the other mental health impacts.



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BASIC TECHNIQUES OF PSYCHOSOCIAL SUPPORT

- Ventilation
- Active listening
- Empathy
- Social support
- Externalization of interest
- Relaxation/recreation
- Spirituality

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Managing mental health at work



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How to cope with job loss during covid-19

- Allow yourself time to grieve
- Focus on what you can control
- Maintain a daily routine
- Accept the current reality
- Exercise
- Limit alcohol consumption
- Practice mindfulness
- Set limits on your job search
- Take up a new hobby
- Ask for help





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Community prevention, crisis support

Reducing stigma

Augment Skill re deployment /

Job modification or re assignments

Providing basic needs

Facilitating health care or Supportive health care

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Mindful of collective resilience

Next Normal from inherent strength

Thank You !!

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