

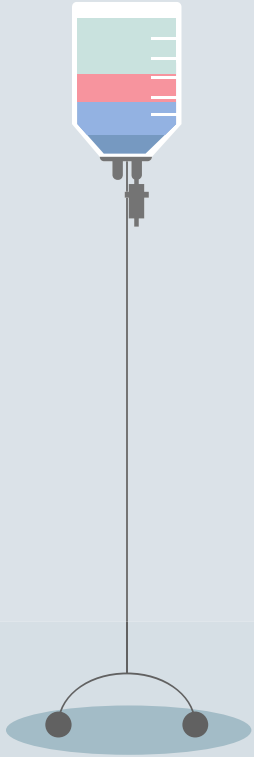
SRT ONLINE SUMMER CONFERENCE 2021

Health Committee

*Positive and negative impacts of lockdown on
mental and physical health*



Agenda



01

Reducing stigma and discrimination associated with COVID-19?

02

How can we support people who are in quarantine/lockdown showing symptoms of mental problems and what can we do to prevent them?

03

How to improve physical health during the pandemic?

Introduction

The covid-19 pandemic is impacting people's mental and physical health greatly. We hereby would like to present Northeast Asian countries' current situations along with possible resolutions through global partnership.



Background:

The COVID-19 pandemic has provoked stigmatisation and discriminatory behaviours against people who have, or might have, COVID-19.

Stigma is important as it can drive people to deny or hide the illness to avoid discrimination, it can prevent or delay timely healthcare seeking, and it can discourage people from adopting healthy behaviours.



SOLUTIONS:

1. Doctors or professions will arrange mental health care activities.
2. Using media channels and social media, to speak out against stereotyping groups.
3. Using artists and art to express the stories, conditions, and experiences of people who have suffered from discrimination.
4. Involving communities and key stakeholders by incorporating the voices, stories, recovery, hope narratives, and images of local people who have been affected by COVID-19.



Problem 2



How can we support people who are in quarantine/lockdown showing symptoms of mental problems and what can we do to prevent them?

CONTENTS



- **Solutions**
 - Individual Level
 - Society Level
 - State Level
 - System Level
- **Further Concerns**

Why is this an important issue?

COVID-19 pandemic and lockdown has brought about a sense of fear and anxiety around the globe. This phenomenon has led to short term as well as long term psychosocial and mental health implications.



Solutions of Mental Health Problems: Individual level

01

Consultation

A mental health consultation is an assessment of a person's mental state to determine whether he has or is at risk of developing any mental disorder.

Physical Activities

02

Exercise improves mental health by reducing anxiety, depression, and negative mood and by improving self-esteem and cognitive function.



Prevention for Mental Health Problems: Individual level

01

Making Connections with Society and Interacting with People

- Writing letters or having a penpal
- Finding new hobbies
- Interacting with online communities
- Finding new connection with friends
- Having hashtags to engage people worldwide



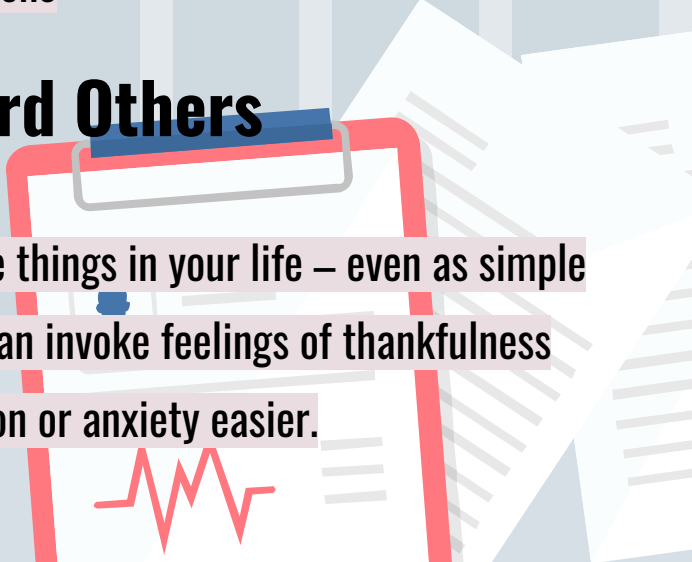
Prevention for Mental Health Problems: Individual level

02 Value Yourself

Treat yourself with kindness and respect, and avoid self-criticism. Make time for your hobbies and favorite projects, or broaden your horizons

03 Show love and Gratitude Toward Others

The simple act of reminding yourself of the positive things in your life – even as simple as the roof over your head or food on your plate – can invoke feelings of thankfulness and optimism that make managing stress, depression or anxiety easier.



Prevention for Mental Health Problems: Individual level

04

Physical Activities

- Eat nutritious meals
- Drink plenty of water
- Exercise, such as riding bicycle which helps decrease depression and anxiety and improve moods
- Get enough sleep



Solutions-Society Level



**Create a new
campaign for
mental health**

**Correct the
content of the
media**



**Creating
Online Health
Communities**

Solutions-Society Level

Correct the content of the media: The media should add positive content to the news, such as the benefits of teleworking and reports of environmental improvements.

Create a new campaign for mental health: Promoting mental health by creating a new campaign. Taking the example of a campaign to give a message card to thank those who work hard every day in this situation, the writer of the letter feels gratitude on a daily basis and the person who receives the letter feels that the effort has been acknowledged and can gain further aspirations.

Creating Online Health Communities: A community includes not only relationships in a place where people can face each other face to face, but also an "online community", which is a group of people on the Internet.

Solutions-State Level

Online medical consultation

By creating those systems, people will be able to get medical care without going outside and their mental pressure to take those care will decrease.

Creating advertisement

Government should pay attention to citizens' mental health and introduce and teach them how to protect their mental health. For example, the Red Cross advertisement in Japan.

Take a

C
A
L
M
E
R

Consider – your own needs and those closest in your life

Acknowledge – the source of stress and how it impacts on you

Listen – to how you're feeling physically and mentally

Manage – ways to manage your stress and regain control

Enable – what has enabled you to cope with stress in the past?

Resource – what do you need to put steps in place?

approach, one
step at a time

BritishRedCross



Solutions-System Level

Make an international organization

North Asia countries should establish organizations to cooperate with each other. It can be useful for helping the people who live in foreign countries and cannot go back to their home. In addition, through this organization, the corrected information can be spread and given out officially. Giving the correct information is effective for making them feel the sense of safety



Further Concerns

- Media Giving too much positive information
- Children without digital devices can't reach for help easily
- Elderly people who doesn't have digital devices or who have difficulty to use those devices

Some elderly people have problems with using devices and having them. In some countries, there are a lot of cases that elderly people living alone, or not living with people who know how to use those devices. Those people have the danger of feeling loneliness, depression and anxiety.

Problem 3

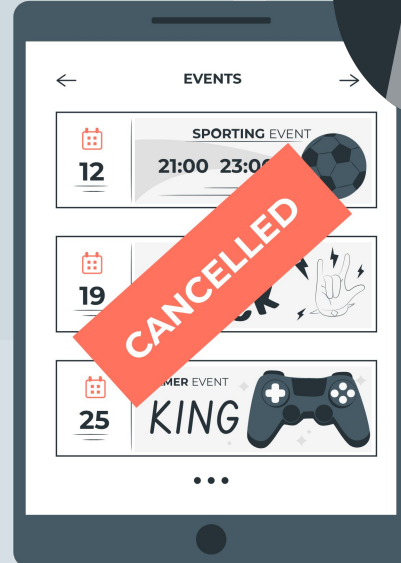
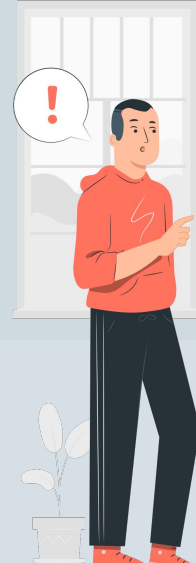


How to improve
physical health during
the pandemic?

Problem

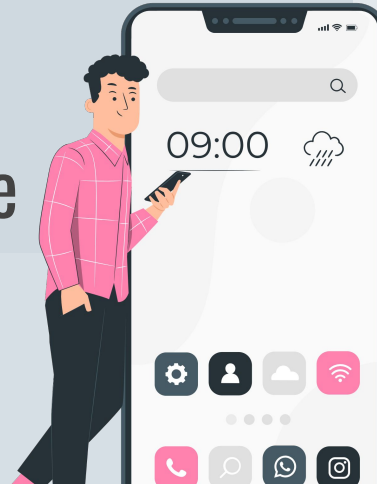
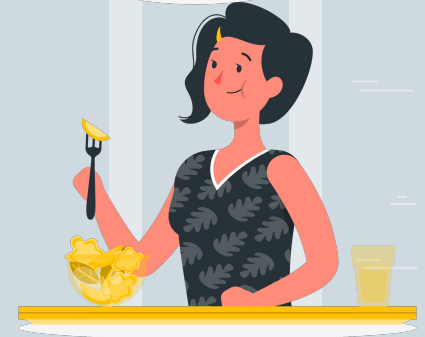
Physical Health Problem

- Lack of Exercise
- Unhealthy eating habit
- Sleeping disorders
- Eye sight problems.



Solutions

1. Offering exercise programs and campaigns
2. Hashtag movements and providing free meals
3. More exercise, less screen time



Further Concerns

1. Some people do not like to exercise
2. Some elderly lose the chance to exercise online since they don't know how to use electronics
3. We should maintain healthy habits created during this situation, even in post pandemic era

THANKS

Does anyone have any questions?

