



Pandemic Mental Health Secrets

TRAINING GUIDE



Learn the Secrets to **Stay Positive** ⁺
and **Improve** your **Mental Health** During
this **Pandemic.** ⁺

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Introduction

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Throughout the world, the public is being informed about the physical effects of SARS-CoV-2 infection and steps to take to prevent exposure to the coronavirus and manage symptoms of COVID-19 if they appear. However, the effects of this pandemic on one's mental health have not been studied at length and are still not known. As all efforts are focused on understanding the epidemiology, clinical features, transmission patterns, and management of the COVID-19 outbreak, there has been very little concern expressed over the effects on one's mental health and strategies to prevent stigmatization. People's behavior may greatly affect the pandemic's dynamic by altering the severity, transmission, disease flow, and repercussions. The present situation requires raising awareness in public, which can be helpful to deal with this calamity. This perspective guide provides a detailed overview that will help you to better handle psychological pressure during the pandemic, stay optimistic in these tough times and adopt healthy lifestyle changes.

Let's begin...