

## Rise in Psychiatric Cases Amid Covid19

**Srijamya\***

*Faculty of Medicine, Ivane Javakhishvili Tbilisi State University, Georgia*

**\*Corresponding Author:** Srijamya, Faculty of Medicine, Ivane Javakhishvili Tbilisi State University, Georgia.

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Covid19 has caused havoc in mortality rates all around the world. It has also led to a striking escalation in psychiatric cases, the reason being lockdown and quarantine situations worldwide. The psychological health of adolescents is needed to be supported. Covid19 has slowed down their daily activity routine and has made them entirely dependent on computers and social sites. Different studies have shown a surge in PTSD, depression, anxiety, and insomnia. People with psychopathological history and neurodegenerative diseases have shown relapse of their health issues.

Mental health is getting at worse throughout the world.

Studies are showing shoot up in the inflammation process related to stress and other psychological imbalance. It is a big concern for psychologists and neurologists as this can manifest as cardiovascular pathology. It can become the lead cause of high mortality in the coming future.

Many free webinars are going on different social sites to help people realize the importance of their mental health. It is essential to learn and understand how the mind works. It can help to tackle the stress of daily life.

Few tips to keep your mental health in check:

1. Give yourself 5 minutes in the early morning and find good reasons for self-appreciation. It will shoot up your happy hormones serotonin, dopamine, and endorphins. You would feel energetic the whole day.
2. Prepare a schedule of your day and try to follow it. Complete your assigned tasks of the day and reward yourself at the end of the day.
3. Eat and drink healthy and give 30 minutes of your day to light exercise like breathing exercises, yoga, or strolling.
4. Try to read some good news and motivational quotes between your breaks to keep yourself motivated the whole day.
5. Take proper sleep at night for adequate hours [6-8hours].
6. Give time to your family and friends and try to follow your hobbies.

It is essential to understand that mental health is crucial. Never ignore the symptoms of imbalanced mental health. Everyone should take proper steps for their physical and psychological health. The symptoms of imbalance in mental health might include increased irritation, lack of sound sleep, long sleep in the daytime, unable to focus and concentrate, disturbed relationships, lack of happiness and motivation from inside, feeling tired for no reason, lack of appetite, tension headaches, etc. Monetary disturbance is one of the major causes of psychological health complaints in adults.

Feel free to approach the psychologist as initial therapies and treatment can help circumvent forthcoming depression and psychiatric issues. Many digital platforms can help to assess mental health with questionnaire formats. There is a need to focus on psychological health issues of self and people around us to make a world worth living. Mental health disturbances must not be considered a social taboo. Mental health is also a priority as complete health specifies social, personal, and mental well-being.

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