Covid-19: Social and Psychological Effects : The Day After

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So, it is officially here, affecting our everyday lives and our routine. Our children stopped being at school, we might have stopped working at the office and working at home instead. But, how Covid-19 and the quarantine would affect our view for the life to the future?

As life goes on, we can estimate both the good and bad side of Covid-19. To begin with the good one, the way we used to work would change rapidly, as working from home is here to stay. The companies would pay attention to the structure and their function at first and later they would think about the profit. Online shopping would be another way to buy things from the comfort from the sofa. In respect to the health care system, more and more health care stations would provide solutions to our health problems via phone. Children would also be able to watch their classes from their own PC, while being at home too. We finally have to admit that the communication via internet occurred more easily and often than before the quarantine. It was much easier to bake your coffee and talk to your friends in social media, than going out for a coffee, arranging the time and the place that would be more convenient to all etc.

Despite the changes at the economy and workplace, I would like as a psychologist to pay attention to the psychological effects of the pandemic. In my opinion, the pandemic brought out the good side of us. At first place, we began to care about other people and their needs. We were trying to help the most susceptible to the covid-19 people. We offered to do their shopping, paying their bills, trying to do every outdoor thing for them. We felt compassion about people who are alone and have no one to rely on. We had time to be by ourselves, think and analyze our lives and our way of thinking, to be closer to our family members, to be part of our childrens life. We had time to live without anxiety about our program and our everyday routine. We had time to behave as humans. During pandemics, people tend to believe in God, trying to find help and protection praying.

However, covid 19 affected our psychological well-being to a negative manner. To begin with, we were anxious and worried about our health. Suddenly a virus came up and appeared how vulnerable we can be. Panic attacks, fear and an OCD way of following the rules and the hygiene, buying exaggerated supplies of food and toilet paper are some things that followed the appearance of the lockdown. In past reviews, regarding the SARS virus, children suffered from Post-Traumatic Stress Disorder and became obsessive about their health. Finally, people have felt depressive symptoms and were angry to the health system, the doctors, the Chinese men etc. People also have seen the dynamics inside their family. The routine covers the everyday problems, but the quarantine had affected the between couples relationship, parents and children relationships, somatic and oral abuse increased and people understood that the portrait of the perfect family belongs to the past. Last but not least, people feel unsafe with the scientists talking again about unemployments and economical crisis. They see a bad future and they try to find a crumb of comfort to alcohol and drugs, gambling etc. People who faced covid 19 may be socially shunned, discriminated against their work and their property attacked.

It is critical to take psychological support during pandemics, in order to avoid these negative feelings and try to see the positive aspect of these. Hope Covid 19 affected people to a better way, trying to help each other, feeling empathy and compassion, give the same attention to their somatic and psychological well-being and adopt a better lifestyle, including time for themselves.