



## 'Signs of Mental Health Symptoms, Prevention, and Pandemic Fatigue'

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### Signs of Mental Health Symptoms

- Effects are seen financially, politically, in health care, in overall mental health, within racial minorities, and treatment.
- Individual responses may vary depending on pre-existing psychiatric disorders and overall coping strategies.
- Post COVID-19 symptoms can be mild to severe and may worsen.
- Symptoms may include
  - Post Traumatic Disorder
  - Depression
  - Insomnia
  - Anxiety
  - Suicidal thoughts
  - Increase in substance abuse
- Decline in mental health functioning
  - Onset of new adjustment disorders
  - Inability to maintain medication
  - Lack of social support
  - Worsening obsessions and compulsions about cleanliness
  - New onset of alcohol and drug use
- Students struggle academically
  - Switching between In-Person and E-Learning
  - Lack of struggle
  - Sleep schedule issue
  - Mental health struggles
  - Treatment compliance

### Pandemic Fatigue may result in...

- Worsening mental health disorders
- Increase in irritability, aggression, and defiance
- Substance use disorders
- Not following precautionary measures
  - Wearing a mask or practicing social distancing
- Academic decline
- Excessive screen time
  - Increases fatigue and aggression
  - Leads to poor sleeping patterns
  - Decreases levels of motivation for homework and self-care routines



## PREVENTION

- Focus on Optimism and Hope
  - Improve your knowledge base
  - Maintain precautions
  - Maintain relationships
  - Change as needed
- Stay educated about COVID-19
- Maintain a schedule
  - Have a fixed bed and wake up time
  - Have a clear morning routine
  - Take breaks and Have downtime
  - Have a no screen time
  - Incorporate physical activity and relaxation time
- Maintain a Healthy Diet
  - Cut down on snacking
  - Limit foods with high sugars and fat
  - Take vitamins, essential nutrients, and don't skip meals
  - Increase your physical activity
- Develop positive Relaxation Strategies
  - Deep breathing exercises
  - Mindful Meditation
  - Use Apps for progressive muscle relaxation
  - Limit screen time
  - Reconnect with nature
  - Limit anxiety provoking news channels

If you have a Mental Health Diagnosis

- Comply with current treatment plan
- Consider telehealth or telephone services if in person is not available

## Crisis Support

- Contact your child's pediatrician or mental health provider
- [Kanihelp.org/resources](https://kanihelp.org/resources)
- In the event of an emergency, call 911 or contact your local 24/7 ER for a 'mental health assessment'
- For more information, call or email the mental health support clinician in your child's building.

