

Coronavirus V mental health

Every week, Maddyness curates articles from other outlets on a topic that is driving the headlines. This week we look at how the Coronavirus outbreak is having an affect on our mental health.

Temps de lecture : minute

27 March 2020

Psychologists share their advice for protecting your mental health during the coronavirus pandemic

Forbes asked psychologists and mental health experts for their advice on how you can protect yourself and your sanity during the coronavirus lockdown. Millions of people worldwide are being asked to self-quarantine and the subject of taking care of our mental health is highlighted more than ever before. [Read the full article on Forbes](#)

A GP is concerned about what coronavirus will do to the UK's mental health

General Practitioner and Charity trustee Dr Mohammedabbas Khaki shares what he is experiencing with his patients giving insight into what the UK's mental health be look like when the coronavirus crisis is over. [Read the story on METRO](#)

Refreshing daily advice on keeping sane

during the crisis

Coronavirus and the associated social distancing is changing our lives, and it can be difficult to not feel blue. From maintaining a routine, connecting with others and limiting your news consumption, Grazia examines what you should be doing to get through the days and weeks. [Read the article on Grazia](#)

Experts from Sheffield University launched a mental health survey

Psychologists at the University of Sheffield have created a study to understand the [mental health](#) and social impacts of the Covid-19 pandemic. The team of experts, led by Professor Richard Bentall, will be surveying 2,000 people in the UK right now, and again in a month's time, and hope that their findings will be of use in aiding future public health crises. [Read the full story on The Star](#)

A video about lockdown anxiety management

Dr. Phil knows that anxiety runs deep for many of us in these trying times. As the pandemic grows, he is doing his part to calm our fears by answering common questions people have about how they're feeling. Many people are staying home from work, and many have lost their jobs altogether. What is the best way to deal with the anxiety of providing for your family at this time? [Watch the Inside Edition video now](#)



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[Entrepreneurs, mental health and work-life balance](#)

Article by Maddyness