Many of us have spent a long time in lockdown, where unable to visit relatives and loved ones.

We have had personal hardships had to sacrifice quality of life and overall did not have an easy 2 to 3 years.

The societal impact has been immense.

In the realm of mental health the prevalence of depression and anxiety disorders has increased and disproportionally affected the younger age groups of our society.

Anxiety disorders and depression had an estimated increase of over 25%.

Also it is estimated, that the places hit hardest by the pandemic had the biggest increase in mental health problems.

We will analyse the impact of stringency in covid measures and the severity of the covid pandemic had on overall happiness of the respective societies as it can be seen as a good indicator for mental health and satisfaction.

Our goal is to raise awareness to the societal impact the pandemic and its measures had.

This will be helpful to increase pandemic-preparedness as in our globalized society as the risk of another global pandemic seems to be always present.

Governments should be informed and ready!

Economy and healthcare systems should be prepared and aware of what can await them!