

Depression during COVID-19 Pandemic: How to manage it?

Essay Outline

I. INTRODUCTION

II. BODY

A. Body/ supporting Paragraph 1

Main idea: Maintaining healthy lifestyle

Supporting Ideas –

- i. Daily routine for work.
- ii. Clear boundaries between working and private life.
- iii. Set fixed times, turning off work-related notifications after working hours.
- iv. Enough sleep and healthy meals.
- v. 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week.
- vi. Short sessions of physical activities, online exercise courses, meditation and breathing exercises.

B. Body/ supporting Paragraph 2

Main idea: Engaging in positive and enjoyable activities

Supporting Ideas –

- i. Just 20 minutes with nature to lower stress hormone levels.
- ii. Adding green elements to home.
- iii. Staying connected.
- iv. Helping others.
- v. Learning a new skill.
- vi. Limiting social media use.
- vii. Blocking sources of misinformation.

III. CONCLUSION

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Depression is characterized by a persistent sense of sadness and loss of interest that prevents someone from engaging in normal activities. The COVID-19 epidemic has been described as the world's most catastrophic and difficult public-health calamity. Aside from the rising mortality rate, countries all over the world have been experiencing psychological effects, such as anxiety and depression, among people of all ages. Worldwide approximately 6 in 10 people are facing depression during the COVID-19 pandemic [Wikipidea,2020]. This paints an alarming picture of the society and the severity scale of this social problem is now beyond question. **Solutions such as maintaining healthy lifestyle, engaging in positive and enjoyable activities seem to be the most effective ways to manage depression during COVID-19 pandemic. This essay will investigate the problem of depression during COVID-19 pandemic and evaluate a range of possible solutions to address this problem.**

First and most importantly, maintaining healthy lifestyle can reduce the problem of depression. Daily routine should be maintained for work. Maintaining a proper routine can ease one's depression and anxiety. There should have clear boundaries between working and private life. People should set a fixed time for work and turn off all the work-related notifications after working hours [The World Health Organization]. Eating healthy meals and enough sleep help people to get rid of their working stress and also, they can give proper concentration to work with a refreshing mind. If people do 150 minutes of moderate-intensity or 75 minutes of vigorous-intensity physical activity per week they will be able to lead a healthy life [The World Health Organization]. Short sessions of physical activities, online exercise courses, meditation and breathing exercises have proven to be the effective strategies for overcoming the problem of depression. Thus, maintaining a routine can make people healthy.

Besides, another suggestion is engaging in positive and enjoyable activities. Just 20 minutes with nature can lower stress hormone levels [https://www.euro.who.int]. One of the reasons of depression is spending not much time with nature. In order to reduce stress, one can add green elements to home. Staying connected with the relatives and meeting them in a week keep one's mind joyful. Helping others also ease the stress. Everyone should learn new skills during the lockdown to get rid of monotony of daily life. Excessive use of social media can cause several mental health problems. So, there should be a limit for using social media. Also, everyone must block the sources of misinformation. Misinformation can excite one's mind and lead to stress. Thus, by engaging in social activities people can gain the mental peace.

To conclude, this essay has sought to explore some of the solutions for preventing depression during COVID-19. Depression due to COVID-19 should never be desired. To solve this problem, everyone should maintain a healthy lifestyle. Otherwise, everyone has to suffer in the long run

caused from this problem. Finally, everyone should realize the current pandemic situation and follow hygiene in their daily life. Then, hopefully, people of all ages will be able to live in peace.

Word Count for the Essay:504

References

1. [Wikipidea,2020]
2. <https://www.euro.who.int>
3. [The World Health Organization]