

# Mental Health During COVID-19

Large scale disasters are accompanied by increased mental distress, resulting depression, posttraumatic stress disorder (PTSD), and domestic violence/child abuse.

- 9/11 attacks (2001)
  - 1/10 adults in NYC showed signs of depressive disorder
  - 25% population reported increased alcohol use
- SARS epidemic (2003)
  - Increased PTSD, stress and psychological distress in patients/clinicians
- Hurricane Ike (2008)
  - 5% population met criteria for major depressive disorder

# Intervention

- Mass Communication <sup>1</sup>
  - information/recommendation on: what is happening/being done and what people should do
- Social Support/Peer Assistance
  - Use of digital technologies
  - “outreach that involves voice and/or video is superior to email and text messaging” <sup>2</sup>
- Maintain Work/Life Balance <sup>3</sup>
- Practice Mindfulness (Namaste!) <sup>3</sup>

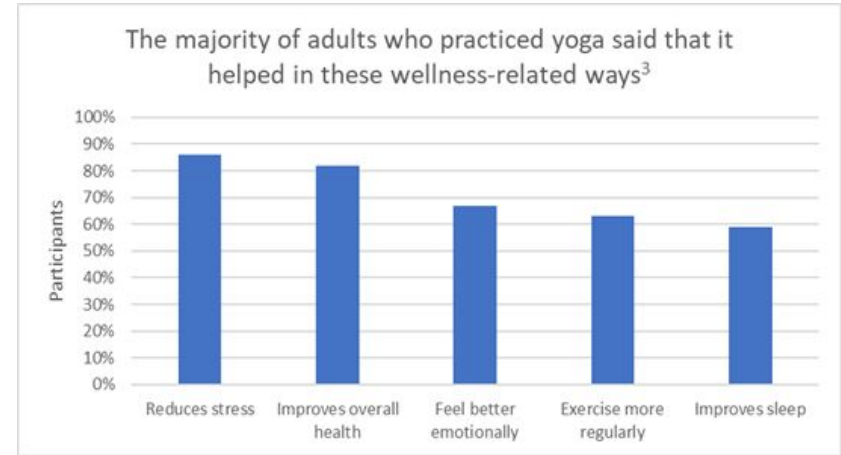
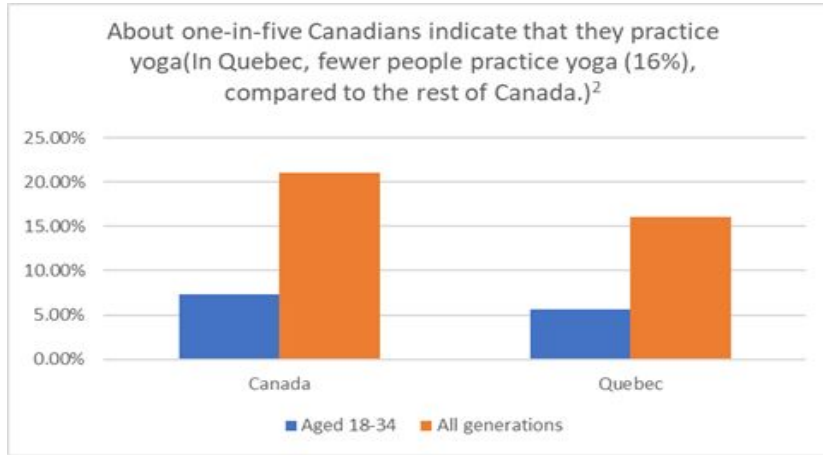
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<sup>1</sup>. [Protecting Mental Health During Epidemics](#) PAHO/WHO

<sup>2</sup>. [COVID-19 and mental health: A review of the existing literature](#) doi: [10.1016/j.aip.2020.102066](#)

<sup>3</sup>. [Wellbeing tips for UN Personnel](#) United Nations

## More than half of Canadians feel lonely, isolated during coronavirus pandemic <sup>1</sup>



**“It’s possible to be physically isolated right now and not feel lonely.”**

The Pilates & Yoga Studios industry is anticipated to experience a drop in industry participation in 2020 as consumers stay away from group classes and engage in social distancing as recommended by the Centers for Disease Control and Prevention (CDC). Consumers will turn to external competitors, such as online yoga and Pilates studios, and practice yoga at home as a way to cope with the anxiety and uncertainty of the pandemic. <sup>4</sup>

<sup>1</sup> <https://www.ipsos.com/en-ca/news-and-polls/Majority-Of-Canadians-Say-Physical-Distancing-Has-Left-Them-Feeling-Lonely-Or-Isolated>

<sup>2</sup> <https://leger360.com/surveys/do-you-practice-yoga/>

<sup>3</sup> <https://www.nccih.nih.gov/health/yoga-what-you-need-to-know>

<sup>4</sup> <https://www.ibisworld.com/united-states/market-research-reports/pilates-yoga-studios-industry/>

# Problem Space

Working from home once in a while is fun, but working from home for weeks might lead to loneliness, self-isolation, and psychological distress due to the lack of social interactions.

In order to create a better Work From Home experience, a new tool that protects the mental health of the public by encouraging people to stay connected and active is needed.

# Solution

Practicing social distancing does not have to be idle and lonely! We envision a solution to help people who work from home to achieve work/life balance, practice mindfulness, stay active while staying connected.

# Next Steps:

- Pose Detection
  - Detects whether participants perform correct posture to prevent injuries
  - [Azure Kinect](#)