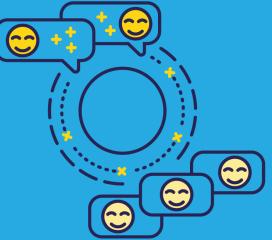
Happiness & Sustainability Around the Earth

IMPACT OF COVID-19
PANDEMIC ON MENTAL
HEALTH: Implications for
Happiness





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Happiness depends on mental health according to the Origins of happiness report Research also indicate that elimination of mental health problems such as anxiety and depression increased happiness by 20%

COVID-19 may represent an unprecedented phenomenon to most people which could have negative impact on their happiness

As at 11 April, 2020 a total of 829 participants consisting of 391 females, 436 males and 2 participants who prefer not to say, have completed the questionnaires from different countries worldwide

Age range: 18 -72 years In this study 93% of the respondents have adequate knowledge about COVID-19 obtained from various sources

The lockdown period created serious strain for the participants

## Preliminary Findings:Covid-19, mental health and happiness

Mental health response to COVID-19 and lockdown among the participants as reported include:

- fear
- Sadness
- Anxiety
- Others are:
- loss of sleep due to worry
- perceived depression and worthlessness
- inability to enjoy day to day activities
- everything considered unhappy.
- ❖ These findings agree with the report from National Alliance on Mental Illness (NAMI, 2020) and Origins of Happiness report that mental health problems reduce happiness.



## What to do: Promoting Happiness

- ❖The experience of COVID-19 is a clear indication that we can not have it all
- ❖Happiness could be promoted even as we wait for the end of COVID-19 pandemic and the vaccine
- ❖We can be happy if we see the lockdown as an opportunity to save our lives and those of others
- ❖Social distancing could be replaced with distance socializing to alleviate the mental health problems, promote social support, connectedness and happiness
- Happiness could be promoted by engaging in activities that are fun filled and enjoyable

- ❖To be happy identify the sources of mental problems and keep them in perspective
- ❖Make every effort to keep positive
- \*Reduce your frequency of assessing news on COVID -19 to morning and evening and fill the gap with other pleasurable activities even as you keep safe
- **❖**Listen only to experts
- **❖**Be kind and considerate to others
- ❖ Think about things you can be grateful for in your life and environment
- **❖** Make informed and wise decisions
- ❖Let the awareness that many people have recovered from COVID-19 encourage you to be optimistic and happy



