Psychological Coping During Disease Outbreak

HONG KONG RED CROSS PSYCHOLOGICAL SUPPORT SERVICE
面對公共衛生危機時的心理影響

The psychological impacts in face of public health crisis

TIRED

EXHAUSTED

OVERSENSITIVE

FURIOUS

ANGRY

WORRIED

PLAYBACK

PANIC

SAD

CONFUSED

How do you feel lately?
In the face of the recent emergence of pneumonia associated with the novel coronavirus, many of us would feel worrisome, especially as we have experienced SARS back in 2003 and do not wish to relive the pain and fear caused by the outbreak.

It is understandable for people to experience the fear and anxiety in face of uncertainty; they can help us cope with the situation in short term. Yet, if the fear and anxiety turn to a long-term condition or become very intense, they would not help people, but rather lower one’s ability to adapt and cope with the crisis. Meanwhile, we may also experience other common post-critical incident reactions such as low mood, insomnia, anger etc.

It is therefore important for us to adjust emotionally in a way that is healthy to both mind and body.

Below are some tips for us during these times:

How to cope with stress related to public health crisis and maintain a healthy mind
Fact-check any news you receive from different places against more trustworthy sources;

Educate yourself and others with accurate information such as proper hand washing and cleaning practices, clinics and hospitals to seek help from when needed, and places to buy cleaning materials;

Maintain your daily routine as much as possible: you can continue to engage in leisure or meaningful activities even at home, like talking to or spending time with family and pets, reading books, cooking, and doing relaxation exercises;

Take time to acknowledge your own, normal feelings of fear and helplessness;

Call your friends and family to keep in touch and show your care for each other.
Don’t:

1. Share information and news that can cause fear and confusion to yourself and others without fact-checking against trustworthy sources;

2. Blindly follow actions and recommendations you receive without fact-checking, and these may lead to further confusion and unhelpful or irrational behaviors such as excessive purchases of food and medical supplies, and holding stigma against people with sickness;

3. Spend too much time looking for information/news, as excessive reading would only create more fear and anxiety than you already hold;

4. Keep thoughts and feelings to yourself without sharing your concerns with loved ones.
For those who are in distress under the disease outbreak, you are encouraged to make appointment with our “Shall We Talk” service.

Make Appointment for the "Shall We Talk" service

(+852) 5164 5040
@hkrcshallwetalk

Phone calls are handled by Professional Clinical Psychologists and trained Psychological Support volunteers of the HKRC. All service users’ personal information will be kept confidential.