

Did COVID-19
mess up our
mental health
more?



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Mental health has always been a topic of **global concern**

- Globally, as a baseline, no less than **298 Mn** people suffer from **anxiety disorders** and another **193 Mn** from major **depressive disorders** every year.



Anxiety Disorders



Depressive Disorders



COVID-19 acted as an evil catalyst

- The pandemic added 76 Mn and 53 Mn additional cases of anxiety disorders and major depressive disorder to this baseline.

The wakeup call **came too late**

- According to WHO, in the first year of the COVID-19 pandemic, the global prevalence of anxiety and **depression escalated by 25%.**



25%

Anxiety
and
Depression

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The pandemic took a **major toll on our mental health**

- Unprecedented stress caused by social isolation
- Loneliness, fear of infection, death of loved ones, grief, and financial worries
- Weakened immunity and poor confidence

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But it's **not too late**

- Talk to your friends and family. Ask them how they're doing. Tell them how you're doing.
- Build a strong metabolism. Meditate, exercise. Stay strong.
- Snooze that alarm. Sleep well. The next day's going to be tough but you'll get through.
- Eat healthy. Stock up on fruits and veggies. Those sour berries will pump your vitamin-C.

