



Covid-19, Mental Health Problems and Your Christian Faith

GLORY INTERNATIONAL

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SYDNEY

The Effect of Covid-19 is Pervasive

1. Social problems: Isolation, lack of connectivity, alienation, stop the celebration and mourning, suspension of cultural and religious rituals
2. Economic problems: Unemployment, retrenchment
3. Political problems: International and local, riots, protests
4. Educational problems: Zoom, online schooling
5. Short and long term problems mental health problems

The Cost to the Individuals and Families

1. Family disharmony
2. Domestic violence
3. Single parent family problems
4. Parental mental health problems
5. Addictive behaviour eg online gambling, share trading
6. Child abuse and neglect of different kinds
7. Anxiety
8. Depression
9. Substance abuse

The Psychological Sequelae of Covid-19

1. Milan's San Raffaele Hospital 402 patients
2. 265 male, 137 female, one month after recovery
3. 28% PTSD
4. 31% Depression
5. 42% Anxiety Disorder
6. 40% Sleep Disturbance
7. 20% OCD

Educational Impacts

1. Online schooling is NOT school
2. Teachers who are not tech savvy and feeling unsupported
3. Lack of supervision
4. Parents unable to supervise
5. ADHD students
6. ASD students
7. Depressed students
8. Those at risk of school refusal
9. Those with Specific Learning Disorders

The Factors which affect Mental Health

1. A trauma which we don't know the actual impact
2. A trauma which may not have an end date
3. Lack of an expert voice
4. Lack of connectivity
5. Lack of social support
6. The loss of personal choices and autonomy

The Covid-19 and Post Covid-19 Landscape

1. The new normal of face mask, hand sanitizer, temperature check, hand washing and social distancing
2. National safety bubble
3. Personal safety bubble
4. The psycho-social developmental tasks remain the same for school aged children and adolescent: Competence and Fidelity

Increasing Protective Factors

1. Maintaining the personal and cultural rituals to enhance certainty
2. Increasing attachment to increase a sense of personal security and safety
3. Improving personal competence
4. Increasing pleasurable event schedule
5. Increasing membership to different community

The Response of the Christians

1. What is your Christian faith?
2. What is your Christian worldview?
3. The Lord's Prayer (Matt 6:8-13)
4. Jesus is the Way, the Truth and the Life (John 14:6)
5. The renewing of the mind (Romans 12:1)

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6. The relationship between the soul (psyche) and spirit (pneuma) (1 Thessalonians 5:23)

The Lord's Prayer : Our World View

1. A top down approach
2. Father-centric
3. Kingdom oriented

The Lord's Prayer : Our World View

1. What does my experience tell me about the Kingdom of God? What is my eschatology?
2. How does my experience draw me closer to the Father?
3. Is my response consistent with the truth, way and life?

The Christian Response

1. What does my experience tell me about the Kingdom of God? What is my eschatology?
2. How does my experience draw me closer to the Father?
3. Is my response consistent with the truth, way and life?
4. **Mental Health Problems is a robbing of our Destiny!!**