



*Is the impact of  
COVID pandemic making  
you feel locked up?*



MIOT HOSPITALS PRESENTS

# UNLOCK YOUR MIND



ACT NOW, OPEN UP TO OUR PSYCHIATRIST

During the course of the treatment, COVID-positive patients were delirious and constantly worried about their health and family. Notably, even after recovery, they experienced long COVID - a range of symptoms that manifest after recovery, and they were not able to socially interact as before.

This put their dear ones also to distress.

Having understood the importance of emotional support in these trying times, MIOT has dedicated the 'Unlock Your Mind' initiative to those impacted by the pandemic situation.

It encourages people to seek the right guidance at the right time and get the much needed emotional support in these trying times.

# Taking on the COVID pandemic with experience and expertise

Since the start of the pandemic, MIOT Hospitals has treated over 10,000 COVID-positive patients. A clinical review published by MIOT, in the renowned medical journal - Clinical Epidemiology and Global Health (based on the learnings from studying over 3,300 COVID-positive patients), shows how COVID-19 impacted their mental well-being. Also, losing dear ones to COVID-19 can trigger emotional responses, leading to Post-Traumatic Stress Disorder. This can take a serious toll on the overall health and mental well-being and in some cases, it may even lead to self-harm. 'Unlock Your Mind' initiative aims to address Post-Traumatic Stress Disorder issues and help patients get back on track to lead normal lives.

## Post-Traumatic Stress Disorder

Post-Traumatic Stress Disorder has become commonplace with COVID-19 these days. Patients as well as attendants developed neuropsychiatric symptoms like fear, paranoia, anxiety, depression, panic attacks which can cumulatively be related to post-traumatic stress disorder. The families of those who died of the infection, especially, were subjected to experience guilt and grief.

At MIOT, we believe that recognizing Post-Traumatic Stress Disorder early and opening up to a psychiatrist can heal the mind. By treating the condition, people can be reintroduced into their family, work setup and society. Also, the emotional impact of work from home and online classes enforced by the pandemic situation can be destabilizing mentally.

## The impact on COVID bereavement

The pandemic has been especially hard on those losing dear ones to COVID-19. With uncertainty surrounding work and life in general, to have dear ones lose the battle against COVID-19 has brought on additional stressors. It can trigger emotional responses like fear, anxiety, anger, sleep disorder, restlessness and depression. All these can take a serious toll on the overall health and mental well-being and in some cases, it may even lead to self-harm.

## The impact on Working Professionals

Work from home and extended work hours have become the new normal taking an immense toll on the working community. It has brought with it numerous concerns like fear of losing one's job or receiving pay cuts. The impact of this is also felt on one's family, resulting in reduced time spent with dear ones or taking it out on them, leading to uncontrollable anger and frustrations. All these can make one experience low mood, loss of energy, interest or appetite, poor sleep, thoughts of hopelessness, less confidence and drop in performance levels.

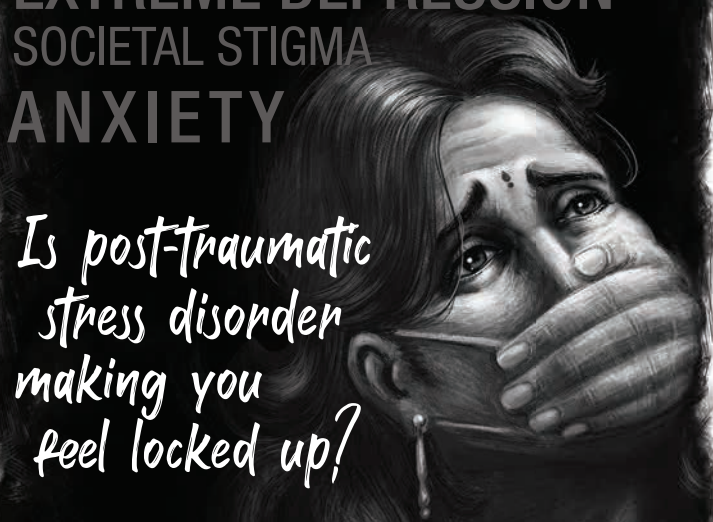
## The impact on Children

Children, while getting accustomed to attending classes online, can experience a new reality taking shape. Too much of online classes can be destabilizing and can result in a significant lapse in their concentration and performance. The situation has led children to spending hours on laptops and tablet screens. Also, with exposure to the outside world completely cut-off, there is barely any new learnings apart from what they learn from textbooks or on the web. Remaining at home 24x7 can make children feel lonely and depressed.

STRESSED OUT  
DETACHMENT GRIEF  
LONG COVID SYNDROME  
ISOLATION DISTRESS  
EXTREME DEPRESSION  
SOCIAL STIGMA  
ANXIETY

*Is post-traumatic  
stress disorder  
making you  
feel locked up?*

SOCIETAL STIGMA  
LOSING DEAR ONES SELF HARM  
HALLUCINATIONS HEALTH  
SUICIDAL THOUGHTS  
HOPELESSNESS NIGHTMARES  
NEGATIVITY  
SURVIVOR'S GUILT ANGER ISSUES  
STRAINED RELATIONSHIPS SEPARATION  
EMOTIONALLY WEAK



# The Expertise

The Department of Psychiatry at MIOT Hospitals is headed by Dr. S. P. Kurinjinathan. With over 22 years of experience in the field, his areas of expertise span child and adolescent, general adult and geriatric psychiatry. Having trained in prestigious institutions in the UK for almost two decades, he has unmatched proficiency in treating anxiety, depression, dementia, delusion, OCD, bipolar and other psychotic disorders.

Also, MIOT has been presenting webinars, as part of the 'Unlock Your Mind' initiative to address concerns related to issues caused by the pandemic and its impact both personally and professionally. Till date, we've reached out to educational institutions, corporates and others in the public domain.

For appointments, call: **+91 77080 21483**

Visit [www.miotinternational.com/unlock-your-mind](http://www.miotinternational.com/unlock-your-mind)  
or scan the QR code to learn about our Unlock Your Mind initiative.



MIOT Hospitals: Mount Poonamallee Road, Manapakkam, Chennai - 600 089.  
Tel: 044 4200 2288 Email: [chief@miotinternational.com](mailto:chief@miotinternational.com)