Task 1:

- The amount of population suffering from mental problems connected with COVID

- Possible causes of mental disorders during the pandemic

- The most common complaints of people at that period

- The causes of anger that people felt during the pandemic

- Advantages and disadvantages of vaccination

- Recommendations on how to “struggle well, live well, worry less”

Task 2. Sleep/ anxiety and worry/ decreased energy level. It’s common for many people but when it “gets out of line”, it means that your psychological health is struggling

Task 3. To balance physical and psychological health; not to overly focus on only one aspect; not to neglect physical health or social activity. They should be balanced. The fault of the healthcare and the politicians is that they don’t say about the fact that the viruses DO COME BACK and these lifestyle changes will be actual for a long-term period.

Task 4. 1- Fair; 2- we won’t get something; 3- can still get COVID; 4- a strong thing to do; 5- less than 1%; 6- outdoors; 7- dramatically reduces

Task 5. - Yeah, manage your information. Get it from good sources like you, guys. Use social media to entertain and laugh. Reduce that amount, get solid medical advice and look at your own risk in your own area and make good healthcare decisions. You do it all the time. Just keep doing it with this.

Скрипт:

- Since the start of the epidemic about 40% of the adult across the USA have reported struggling with their mental health. And with the Delta variant causing an increase in cases that’s not going away anytime soon. Here to talk more about COVID burnout and mental health challenges is clinical psychologist and the host of the new podcast “Struggle well, live well, worry less” Dr Kevin Gilliland. Doctor, thank you for being with us today.

- Yeah, good being with you here, guys.

- You know that 40 % is a big number, but it’s not really surprising if we look around us. What do we as individuals need to be looking out for in ourselves and be alert of as far as dealing with possible mental health crisis.

- Yeah, you know, the first thing we are hearing – people get disrupted with their sleep which is not unusual. And the next is sort of anxiety and worry that they can’t seem to turn off. And then your energy level being down or a significant change from what it is used to be which sounds like I’ve just described all of us in the past year and a half. But when those really get out of line it usually means that our psychological health maybe struggling.

- And, Dr Gilliland, you have spoken about maintaining a balance, even in the middle of this pandemic and as pandemic ends. How can we do that? That is a battle when you are trying to juggle work and life, all these things and do that inventory and figure that out.

- Yes, but we do that all the time with our health care. We are always balancing things. And if we overly focus on this thing we’ll neglect being physically active, we’ll neglect connecting with people when it’s safe and when we can. And those things are critical for long-term health. And that’s what I think is surprising for all of us is that this is such a long-term change that when the virus does keeps back up it’s almost we are surprised by it. And that’s the health care fault and politicians fault. We have not done a good job of communicating about this. Viruses do it. So we shouldn’t be surprised. We just have to respond in a thoughtful way.

- And you mentioned it – it is going, it can come back. It is coming back. We are seeing surge in different parts of the country worse than others. How do you manage your anxiety in that situation as an individual? For some people who were vaccinated or had beloved ones they have lost or have been sick because of COVID - how do they manage perhaps their anger in this situation?

- Yeah, and that’s fair. First of all, vaccines don’t mean we won’t get something. And the COVID shot is more like a flu shot. So we know people that have had shots can still get COVID. It’s most of the majority is milder. Occasionally we’ll require some hospitalization. So it’s still a strong thing to do to decrease the likelihood depending on your years. And then as you look at that, then you have to look at what I’ve seen in San Diego. Outdoors the risk is less than 1%. It’s extremely difficult to contract COVID outdoors. And if you are in the place where you can get outdoors to meet people and move, your risk (if you are higher at risk) dramatically reduces. So you are doing those things that are good for your psychological health, your physical health and other conditions as well as COVID. It’s possible to do all of that.

- Great advice especially for people who can get outside. Less than 30 sec last, Doctor, I wanna ask you – a lot of us are experiencing a form of whiplash going back out in a society. Maybe having to go back into work. There is a lot of stress involved with that. What would you say to people? And again I’m sorry we are almost out of time.

- Yeah, manage your information. Get it from good sources like you, guys. Use social media to entertain and laugh. Reduce that amount, get solid medical advice and look at your own risk in your own area and make good healthcare decisions. You do it all the time. Just keep doing it with this.

- Dr Kevin Gilliland – “Struggle well, live well, worry less” is the podcast. I’m going to download it after we are done with the interview and listen to it on a run tomorrow. I thank you for your time and a great advice.