

FROM COVID-19 TO A PSYCHOLOGICAL AND SPIRITUAL “CORONAVIRUS”

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Abstract: Concerns and anxiety about the COVID-19 pandemic and its impact on the population can be overwhelming. The social distance, quarantine and self-isolation forced by the new coronavirus add complexity to the situation. The COVID-19 pandemic has greatly changed the way people live their lives, bringing uncertainty and disruption to daily routines, economic pressures and social isolation. We are careful not to get sick and are unsure how long the pandemic will last and what will happen next. Over-information, rumors and misinformation can get the situation out of control. All this has negative effects on people's mental health.

Keywords: COVID-19, mental health, fear, anxiety, social distancing, quarantine, self-isolation.

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