



Future Team México

“The role of psychologists in the adoption of mitigation measures on the emotional health impact of vulnerable groups facing COVID-19”

Alina Natalia Soto Kralina

Head of the Psychosocial and Humanitarian Care Area | Future Team Mexico

Juan Antonio Carmona García

National Coordinator | Future Team Mexico



- u The World Health Organization (WHO) highlighted the threat that COVID-19 is causing, the strong impact it is generating in society and its immediate attention.
- u Hans Kluge, head of WHO pointed out that "isolation, physical distancing, the closing of schools and workplaces are challenges that affect us, and it is natural to feel **stress, anxiety, fear and loneliness** at this time".



The groups most affected in terms of psychological impact are:

- u Health workers
- u Pregnant women
- u Elders
- u Children



- WHO experts mention that the answer to these challenges is to show affection, attention and care towards others.

"It is essential that we face the mental challenges that this crisis produces in Europe and throughout the world, also spreading timely, understandable information and you will see everyone, including the youngest and the oldest".



Hans Kluge

- u The simple idea of catching a disease that has no cure yet causes stress, fear, and anxiety.
- u That is why psychologists have been given the task of looking for strategies to mitigate negative thoughts, feelings and emotions that are generated in this situation.
- u One of the recommendations coinciding with Dr. Silvia Morales Chainé from the Faculty of Psychology - UNAM is:
- u Maintain virtual contact with our loved ones, coworkers and social circles, as well as establishing exercise routines and healthy lifestyles.
- u It is also important to attend to our emotions and feelings



- u The professionals in psychology must be prepared not only psychologically and emotionally but must also have a sense of vocation and responsibility for their work.
- u Psychologist will deal with people with traumatic episodes that can generate states of anxiety, panic attacks, heartbreak, among others.
- u The psychologist's goal is to regulate emotional and psychological crises at both the individual and group levels, as well as to create an environment of protection and assistance, promoting a climate of trust in people and regulating the negative reactions that arise.



Bibliography

- ▮ De la Cruz Cárdenas Farrah/Rojas Diana. (2020)., “Medidas de autocontrol para el bienestar psicosocial y salud mental”, UNAM Global.com.unam.mx, consultado el día 10/04/2020
- ▮ Suárez Jonatan. “El papel de la Psicología en emergencias y desastres”. consultado el día 10/04/2020
- ▮ Portal electrónico: Psicología y mente https://psicologiaymente.com/psicologia/papel-psicologia-emergencias-desastres?fbclid=IwAR3sbuv2xTo45KxsfayPTmJJZggnbOUVC2u-x-QYA_9_vMux0Gz8BZg9LA4 consultado el día 11/04/2020
- ▮ Portal electrónico de la OMS, (2020). <https://www.dw.com/es/oms-el-impacto-psicol%C3%B3gico-del-covid-19-en-la-sociedad-no-debe-ser-ignorado/a-52925095?maca=es-Facebook-sharing&fbclid=IwAR2RyCiA-306DS0Zi-rRDM46fhNP8p0RNtP33hXtDq6DVcGB-1Llg8nPpzI>, consultado el día 11/04/2020

Alina Natalia Soto Kralina

Lic. In psychology from the Autonomous University of Nayarit, Mexico.

Prof. in consultative and clinical psychology from the Moscow State Psychological-Pedagogical University, Russia.