



World Mental Health Awareness Day

Second wave anxiety:
how to cope with our new normal

October 2020



Introduction

At Babylon, we believe everyone should have access to the support they need, no matter who they are. That's why our GPs, and therapists put their heads together to create this resource for World Mental Health Awareness Day. It can help you get answers to important questions such as coping with our new normal and discovering mental health stats and more.

Now more than ever, it's vital that we look after ourselves, the people we love and anyone in need of support and hope.





Mental Health in a Global Pandemic

We wanted to get an idea of how many people are aware of mental healthcare options in the UK. So we conducted an online questionnaire that covered a wide age range - 18 to 65 year olds. Here are the results.



[Source: 750 nationally representative sample of UK adults aged 18-65, surveyed online 28th Aug 2020]



Why has the pandemic affected people's mental health?

Dr Laura Gold, Babylon's Psychotherapist: "The fact that people have been locked into confined spaces with no real end in sight, 24/7, day in, day out made a lot of people reflect on their lives and their sometimes really desperate circumstances. Alcohol was readily available and drunk as early as could be in quantities unmeasured, without the thought of having to remain sober for work the next day, as many people had been furloughed or lost their job during the pandemic."



53.4%

struggled with mental health issues during the start of the COVID-19 pandemic*

Shola Yemi, Babylon Nurse: "Despite the furlough scheme, many people had their main source of income cut or lost their jobs early in the pandemic, with no idea how they were going to make ends meet. It must have been tough for parents or families trying to homeschool their children at the height of the pandemic, seeing as some of them did not know how to do that or did not have access to computers or tablets for the children to use, and including their own limitations in education. In the case of domestic abuse, victims were stuck in the same place as their perpetrator for days on end, and having to deal with the situation may have made many of them feel very suicidal. The perpetrators may have also felt suicidal after ill treating their partner, and usually they could leave the home and relieve their tension, but in the case of the pandemic, they could not walk away, and so stayed and probably made the whole situation worse."

* [Source: 750 nationally representative sample of UK adults aged 18-65, surveyed online 28th Aug 2020]

Ask a therapist:

How can I relieve stress and anxiety?

Bethany Thacker, LCSW, CRAADC, Babylon Behavioural Health Lead -US:

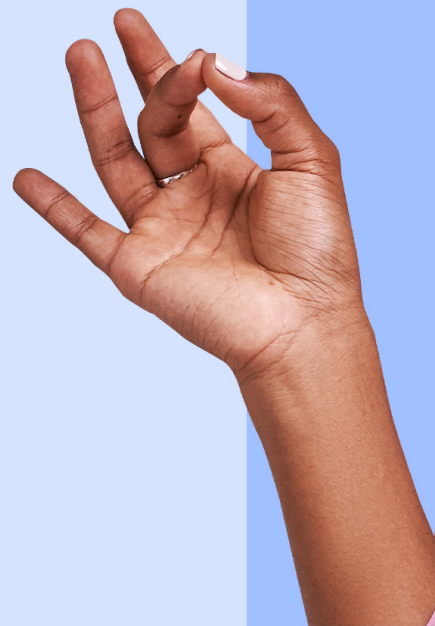
Simple Ways To Relieve Stress & Anxiety

- The art of saying “no”
- Practice being more present (aka Mindfulness)
- Create a routine
- Chew gum
- Exercise

5 Tips For Self Care.

Stay Positive By:

- Use Cognitive Behavioural Techniques
- Articulate Positive Affirmations
- Reframe Your Thoughts
- Focus on Previous Achievements & Successes
- Express Gratitude





The power of reframing

Instead of:

Being quarantined and confined to home is a major pain

Try this:

Being at home has given me more time to spend with my family and take better care of myself

Instead of:

This pandemic will never end. Life will never be the same

Try this:

This pandemic won't last forever, we will emerge from this experience more creative, innovative, and resilient

Recognising and reframing negative self talk

It's too complicated



I'll tackle it from a different angle

I've never done it before



It's an opportunity to learn something new

I'm too lazy to get this done



I wasn't able to fit it into my schedule, but I can re-examine some priorities





Babylon's digital Therapy

Having a healthy mind is essential for your wellbeing and ability to deal with life's ups and downs.

Babylon provides easy, affordable, confidential access to experienced therapists from your computer or smartphone. Our therapists can help and give support for a number of issues, including anxiety, depression, bereavements, phobias and relationship problems.

57%

say they would speak
to a therapist via video*

55%

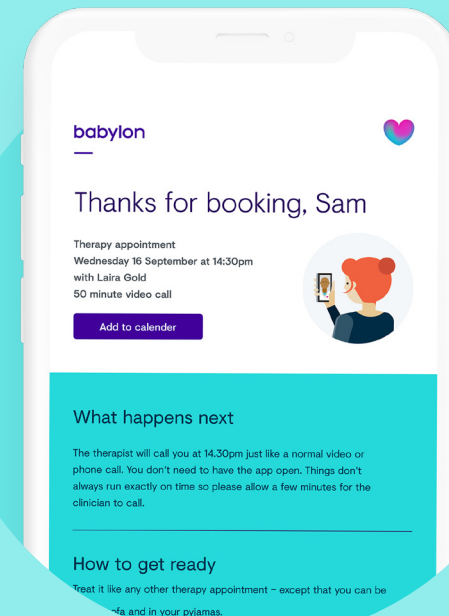
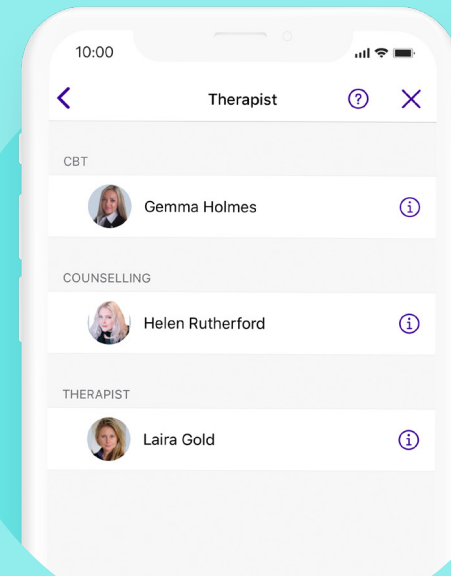
have never spoken to
a therapist in person*

* [Source: 750 nationally representative sample of UK adults aged 18-65, surveyed online 28th Aug 2020]



Need support? We're here for you

If you or someone that you know needs help or support, please contact the Babylon support team support@babylonhealth.com or book an appointment directly on your smartphone. You can also book an appointment to speak with a GP who can offer you initial support.





Information

For more information or to speak to our mental health experts, please contact Babylon's press team:

Email: press@babylonhealth.com