

IMPACT OF COVID-19 ON PSYCHOLOGY

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**WHAT IS HAPPENING RIGHT NOW IN THE
PSYCHOLOGY FIELD AS A RESULT OF COVID-19?**

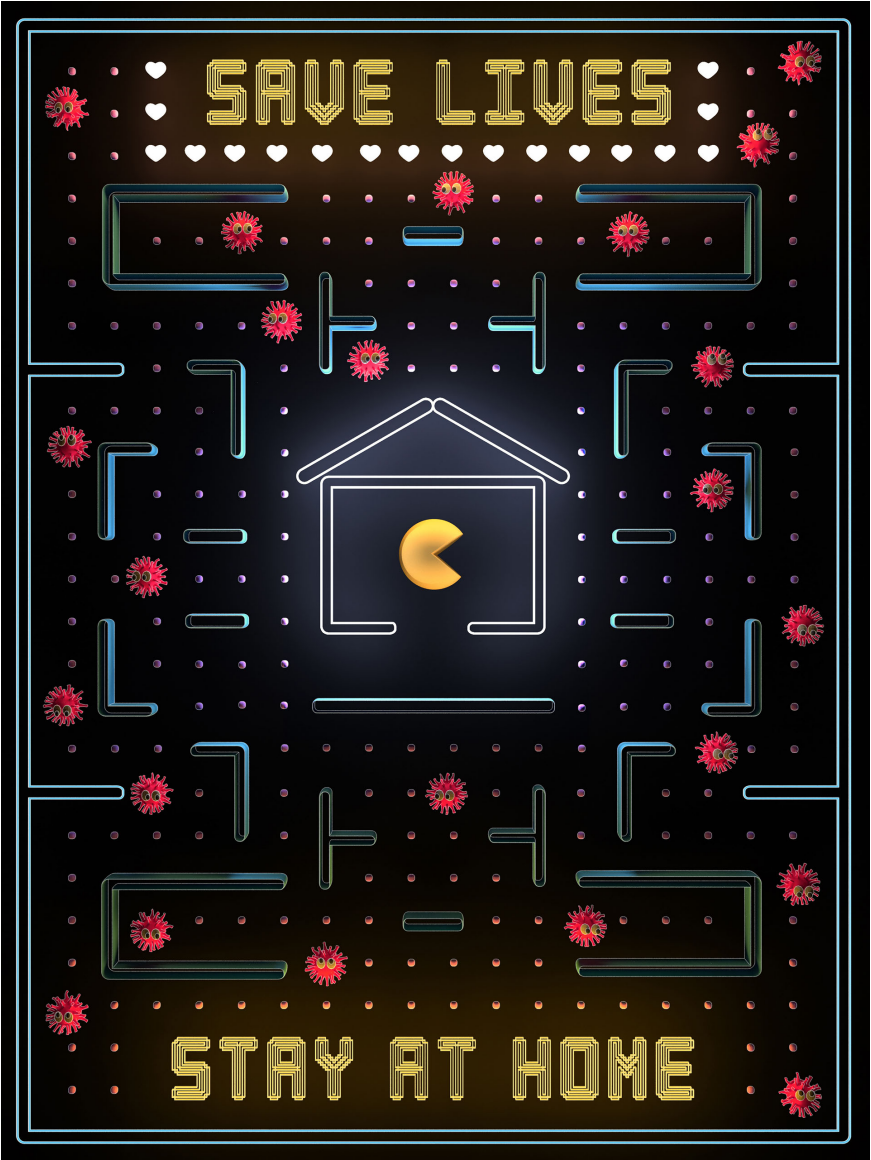


As we are in a pandemic the best way to keep everyone safe is unfortunately being away from everyone including friends and family. This affects the Psychology field by affecting peoples feelings of interaction and way of life. Going out to see other people or to enjoy things outside of a household is what keeps peoples "sanity" than being isolated from the outside world and being overwhelmed if the virus has gotten to you or a family member. According to the article "How the Worlds Psychologists are Tackling COVID-19" state: "About 400 psychologists representing every province have volunteered to respond to calls within 24 hours and provide free sessions". Many people have reached out for help to get through the virus.

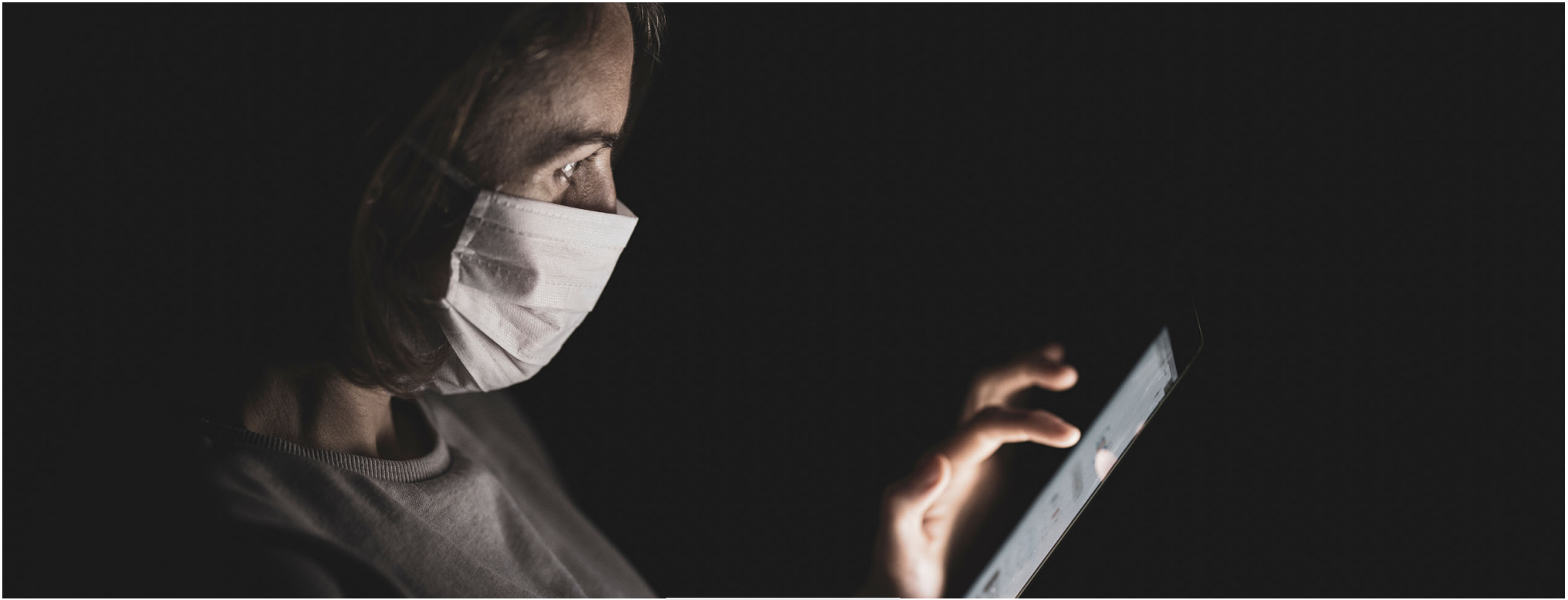


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**WHAT IS EXPECTED TO HAPPEN IN THE FUTURE IN THE
PSYCHOLOGY FIELD AS A RESULT OF COVID-19?**



The psychology fields result of COVID-19 is that there will be many cases of "people who are quarantined are very likely to develop a wide range of symptoms of psychological stress and disorder, including low mood, insomnia, stress, anxiety, anger, irritability, emotional exhaustion, depression and post-traumatic stress symptoms." According to Dr Elke Van Hoof, Many psychologists will have to come up to the table to help every single person get through this pandemic physically and mentally. Meeting times through Zoom or calls or even meet in person under certain circumstances.



HOW WILL YOU PREPARE FOR THAT FUTURE?



How I will prepare for that in the future is by continuing my focus on getting my degree to help be apart of the worldwide support system through the virus. There are many people who struggle with other issues and this pandemic has also brought additional psychological stress to people in need.



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