



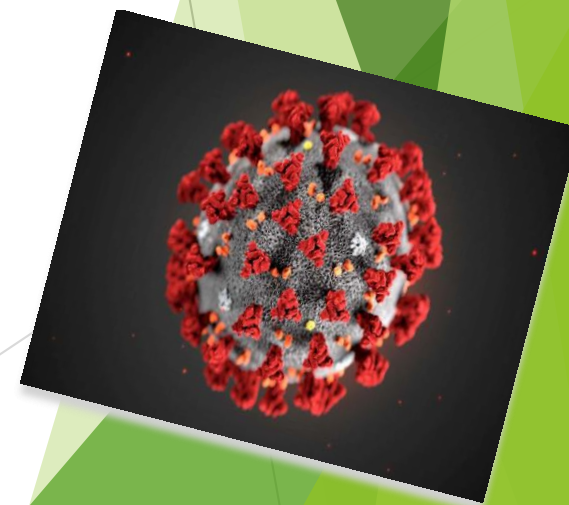
6^ο Διαδικτυακό Σεμινάριο (Webinar) 2019-2020

Πώς διαχειριζόμαστε ψυχολογικά την παραμονή στο σπίτι.....

Φρόσω Πατσού

Ph.D, M.Sc, Ψυχολόγος - Αθλητικός Ψυχολόγος

OLY



Agenda....

- ▶ Γενική ενημέρωση για τον COVID-19
- ▶ Ψυχολογικές επιπτώσεις της καραντίνας
- ▶ Πρακτικές συμβουλές για αθλητές και προπονητές για την παραμονή στο σπίτι
- ▶ Μύθοι και αλήθειες σχετικά με τον COVID-19

When all these started?

- ▶ In **December 2019**, the phenomenon of collective pneumonia appeared in the South China seafood market in Wuhan, in China.
- ▶ The National Health Commission sent experts to Wuhan to investigate.
- ▶ A novel coronavirus (COVID-19) was detected in the Laboratory of Virology, Chinese Center for Disease Control and Prevention on **7 January 2020**
- ▶ The number of patients with pneumonia virus has skyrocketed and has spread throughout China, and unintentionally exported internationally.
- ▶ As of **15 February 2020**, the number of confirmed patients was 68,500



WHO...

- ▶ On March 11, 2020, Dr Hans Henri P. Kluge, World's Health Organization Regional Director for Europe, officially declared the coronavirus - COVID 19 a **pandemic**.
- ▶ As of the morning of 12 March, there are more than 20 000 confirmed cases and there have been almost 1000 deaths in the European Region.
- ▶ Dr Kluge stated that the number of cases is expected to increase further. He urged countries to continue to implement a containment strategy while accelerating their efforts to control the disease. Swift action is essential and each day can make a difference.
- ▶ Describing the situation as a pandemic requires countries to accelerate their efforts, striking the right balance between protecting health, preventing economic and social disruption, and respecting human rights. This means governmental authorities often face difficult decisions such as closures of schools and universities, implementation of remote working policies, minimizing the use of public transport in peak hours and deferment of nonessential travel.

COVID-19 situation in the WHO European Region

last update: 15 March 2020, 23:00 (CET)

More information

WHO Global Situation [Dashboard](#)
WHO/Europe COVID-19 [website](#)



50

Countries

with confirmed cases

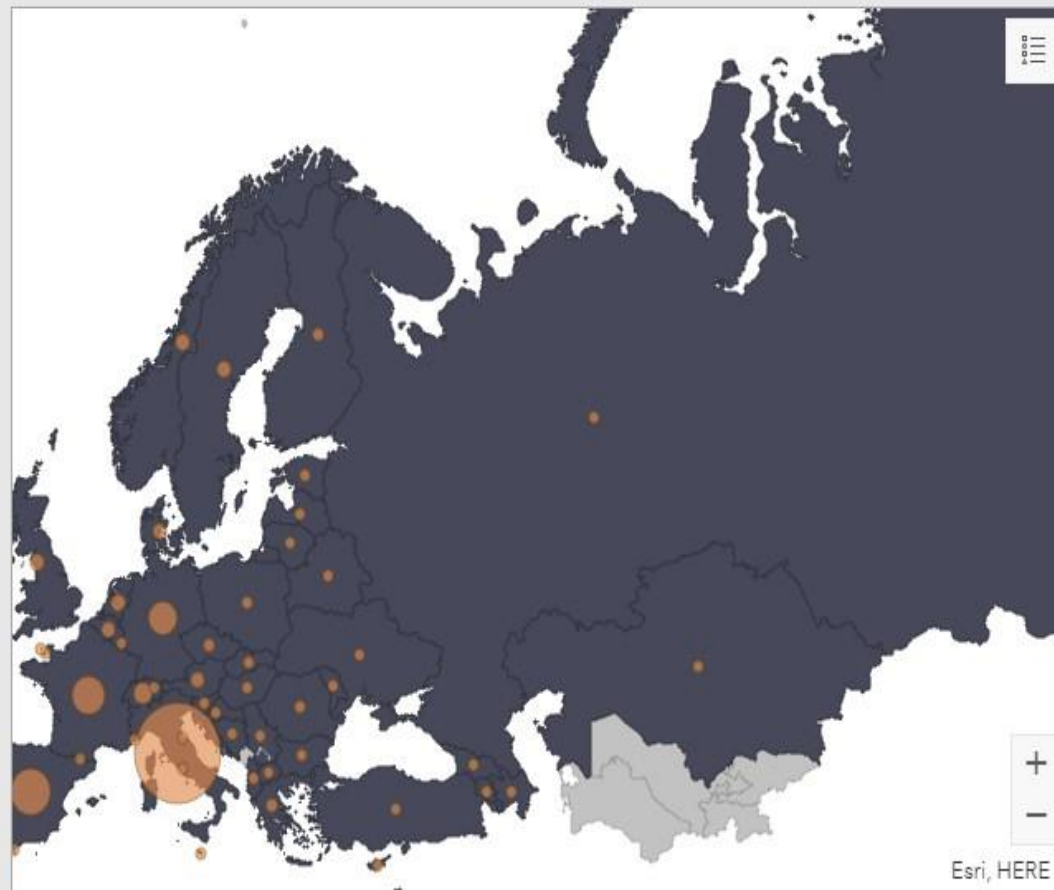
Italy	24.747
Spain	7.753
France	5.923
Germany	4.838
Switzerland	2.200
Netherlands	1.135
Norway	1.077
United Kingdom of Great Britain and Northern Ireland	1.034
Sweden	992
Belgium	886
Denmark	864
Austria	860
Greece	331

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Territories

with confirmed cases

Faroe Islands	11
Jersey	2
Gibraltar	1



Source:

Data reported by IHR
States Parties under
the International

Orange circles represent total cases.

The boundaries and names shown and the designations used on this map do not imply the expression of any opinion whatsoever on the part of the World Health Organization concerning the legal status of any country, territory, city or area or of its authorities, or concerning the delimitation of its frontiers or

Total confirmed cases

54.785

Total confirmed deaths

2.303

Cumulative confirmed cases



Confirmed cases by date of report

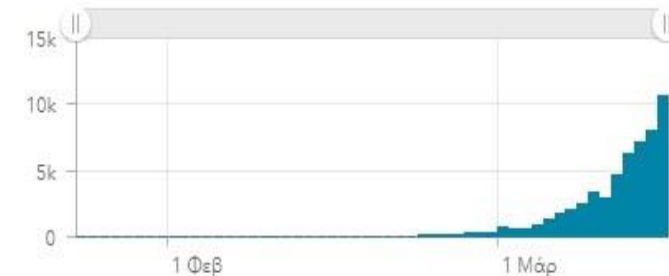
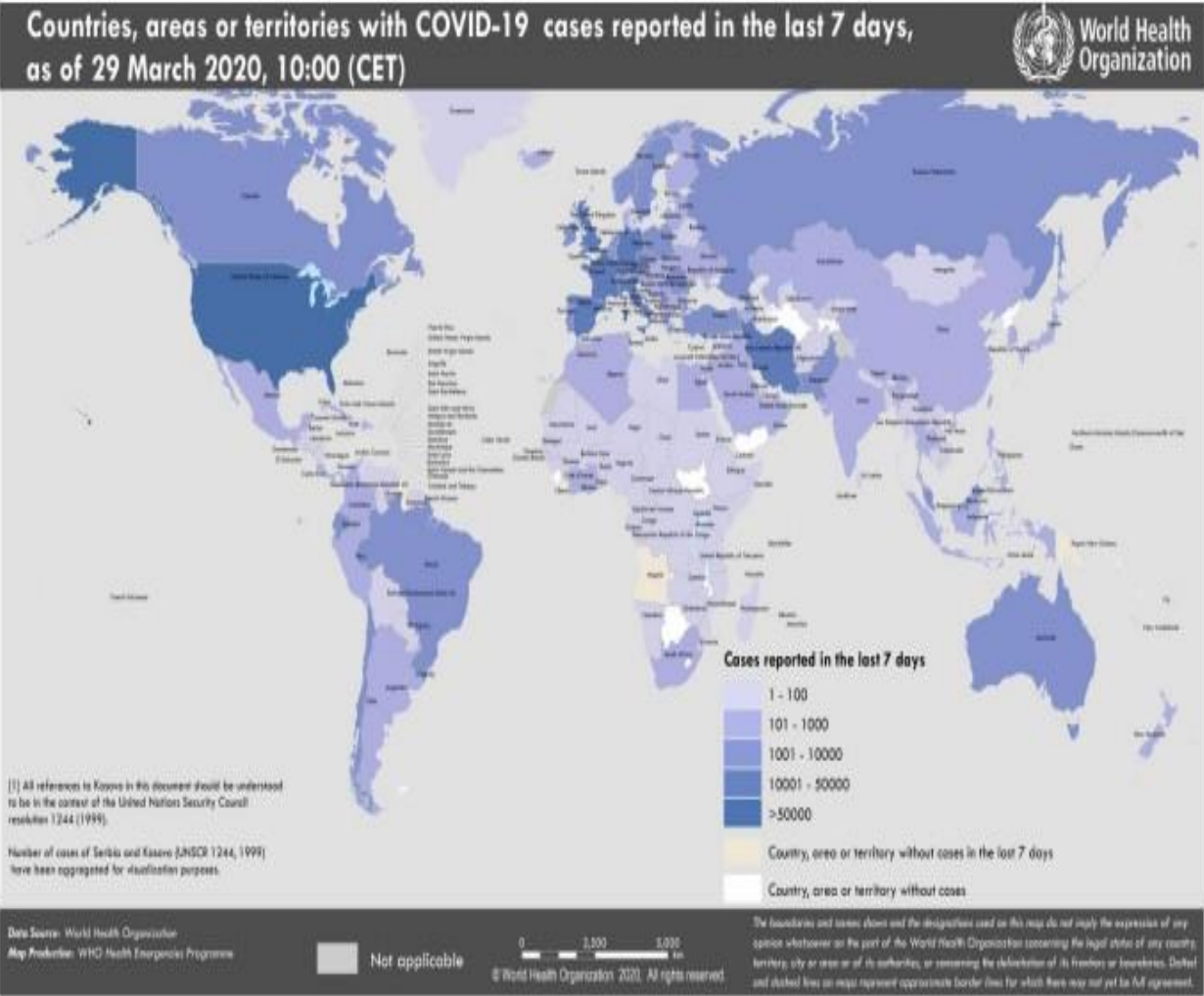


Figure 1. Countries, territories or areas with reported confirmed cases of COVID-19, 29 March 2020



SURVEILLANCE

Table 1. Countries, territories or areas with reported laboratory-confirmed COVID-19 cases and deaths. Data as of 29 March 2020^a

Reporting Country/ Territory/Area ^a	Total confirm ed ^b cases	Total confirmed new cases	Total deaths	Total new deaths	Transmission classification ^b	Days since last reported case
Romania	1452	160	29	5	Local transmission	0
Finland	1218	193	9	2	Local transmission	0
Greece	1061	95	32	4	Local transmission	0
Iceland	963	73	2	0	Local transmission	0
Slovenia	691	59	9	0	Local transmission	0

How is the new coronavirus affecting people who get it?

- ▶ The coronavirus is something new and we are still learning about it
- ▶ From what we know now it can make a little people a little sick with a slight runny nose while other people get more sick and can have difficulty breathing and develop pneumonia.
- ▶ Some people get very sick and need to be hospitalized
- ▶ Among those, unfortunately, some have died
- ▶ While we still need to learn more about how the disease affects people, thus far, most of those that have died had other underlying health issues.
- ▶ This information will change as we learn more about the disease.

- ▶ COVID-19 impacts the elderly and those with pre-existing health conditions most severely. In a spirit of solidarity, we all have to be ready to contribute our part to protect those people at highest risk. As individuals, practicing good hygiene and prevention measures as well as applying measures of social distancing, including avoiding crowded places, continue to be very important.
- ▶ In this context, voluntary isolation and changes in our lives and working conditions are considered essential to safeguarding public health and the general good.



VIEWS AND REVIEWS

The psychological effects of quarantining a city

Whether the epidemiological benefits of mandatory mass quarantine outweigh the psychological costs is a judgement that should not be made lightly

G James Rubin *reader in the psychology of emerging health risks, Simon Wessely Regius professor of psychiatry*

King's College London, UK

BMJ: first published as 10.1136/bmj.m313 on 28 Jan

We must be careful of reading too much into this. Journalists regularly assume panic based on little evidence and, in our experience, the further away a reporter is from an incident, the more likely they are to claim panic

But while history reminds us that outright panic is unlikely, **fear** seems an almost certain consequence of mass quarantine.

During disease outbreaks, community **anxiety** can rise following the first death, increased media reporting, and an escalating number of new cases. Mass quarantine is likely to raise that substantially, for many reasons



VIEWS AND REVIEWS

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- ❑ 1^{ov} Οι επίσημοι φορείς πιστεύουν και αναφέρουν ότι η κατάσταση θα χειροτερεύσει.
- ❑ 2^{ov} Δεν γίνεται αντιληπτό ότι οι ενέργειες των επίσημων φορέων είναι προς όφελος των πολιτών-αθλητών
- ❑ 3^{ov} Η καραντίνα σημαίνει απώλεια ελέγχου και αίσθημα αποκλεισμού - ιδιαίτερα γι' αυτούς που είναι μακριά από τις οικογένειες τους.

Psychological effects

- ▶ Άγχος
- ▶ Φόβος
- ▶ Σύγχυση
- ▶ Απογοήτευση
- ▶ Κατάθλιψη
- ▶ Θυμός
- ▶ Παραίτηση
- ▶ Απώλεια κινήτρου /στόχου
- ▶ Ανακούφιση (τραυματίες)

Επιπλέον.....

- Μακρά διάρκεια
- Βαρεμάρα
- Έλλειψη συναθλητών
- Έλλειψη προσωπικού χώρου
- Φόβο για οικονομικές απώλειες

Τι πρέπει να κάνουν οι αθλητές.....



- ❑ Εξακολουθήστε να τηρείτε τις αθλητικές σας ρουτίνες
- ❑ Χρησιμοποιείτε την τεχνολογία προς όφελος σας
- ❑ Κάνετε χρήση των τεχνικών χαλάρωσης και νοερής απεικόνισης
- ❑ Διατηρήστε τις συνήθειες διατροφής και ύπνου
- ❑ Κάνετε λογική χρήση της πληροφορίας
- ❑ Μη φοβάστε να εκφράσετε τις ανησυχίες και τους φόβους σας
- ❑ Γεμίστε το χρόνο σας με δραστηριότητες
- ❑ Θυμηθείτε το «Γιατί»

Τι πρέπει να κάνουν οι προπονητές.....



- ❑ Μείνετε συνδεδεμένοι με τους αθλητές
- ❑ Αναγνωρίστε το βαθμό επιρροής σας
- ❑ Παραμείνετε το πρότυπο για τους αθλητές σας
- ❑ Ενισχύστε τους το *EAR Model*

Effort

Think of ways to apply your work ethic and drive in small, helpful steps that you can complete on a day to day basis.

Attitude

Focused on the present instead of the or the future

Response

With the myriad of things you cannot control at this moment, you really only can control how you respond to them

- ❑ Ενισχύστε τους την προοπτική - perspective

Προτάσεις....

- ▶ <https://poreiatheatre.com/>
- ▶ Skype
- ▶ Βιβλία
- ▶ Ερωτήσεις

Resilience...



- Η ανθεκτικότητα μπορεί να χαρακτηριστεί ως η ικανότητα αποτελεσματικής αντιμετώπισης των εμποδίων, των αποτυχιών και της απογοήτευσης

Hours	Ενδεικτικό Ημερήσιο Πρόγραμμα
08.00-10.00 a.m.	Πρωινό
10.00 - 12.00 a.m.	Γυμναστική - ενδυνάμωση γενική
12.00-14.00 p.m.	Διάβασμα - Video
14.00 - 16.00 p.m.	Ξεκούραση / Social Media
16.00-17.30 p.m.	Προπόνηση
17.30 - 19.00 p.m.	Αποκατάσταση / Νοερή απεικόνιση
19.00-21.00 p.m.	Ξεκούραση / Social Media
21.00-22.00 p.m.	Διάβασμα - Video - T.V.

Pandemics



How leaders can maximize trust and minimize stress during the COVID-19 pandemic

People look to leaders for guidance on what to do, what to expect and how to act. During uncertain and fluid times, the need for strong, calm, trustworthy leadership is more important than ever.

- ▶ Manage stress
- ▶ Share information with empathy and optimism
- ▶ Be honest and transparent
- ▶ Share information with empathy and optimism
- ▶ Provide a forum for feedback
- ▶ Be a role model

General Instructions

- ▶ washing hands frequently with water and soap or using hand-sanitizing gel
- ▶ maintaining social distancing (keeping a distance of 1 metre (3 feet) between yourself and anyone who is coughing or sneezing)
- ▶ avoiding touching eyes, nose and mouth
- ▶ following respiratory hygiene (covering your mouth and nose with your bent elbow or tissue when you cough or sneeze, then disposing of the used tissue immediately)
- ▶ seeking medical care early if you have a fever, cough and difficulty breathing
- ▶ staying informed and following advice given by your health-care provider, national and local public health authority, or your employer on how to protect yourself and others from COVID-19.

To prevent COVID-19 it is safest to avoid physical contact when greeting. Safe greetings include a wave, a nod, or a bow.

How should I greet another person to avoid catching the new coronavirus?



World Health
Organization

#Coronavirus #COVID19

9 March 2020

Yes. Respiratory viruses can be passed by shaking hands and touching your eyes, nose and mouth.

Greet people with a wave, a nod or a bow instead.

Should I avoid shaking hands because of the new coronavirus?



World Health
Organization

#Coronavirus #COVID19

9 March 2020

No. Regularly washing your bare hands offers more protection against catching COVID-19 than wearing rubber gloves.

You can still pick up COVID-19 contamination on rubber gloves. If you then touch your face, the contamination goes from your glove to your face and can infect you.

Is wearing rubber gloves while out in public effective in preventing the new coronavirus infection?



From the evidence so far, the new coronavirus can be transmitted in ALL AREAS, including areas with hot and humid weather.

Regardless of climate, adopt protective measures if you live in, or travel to an area reporting COVID-19.

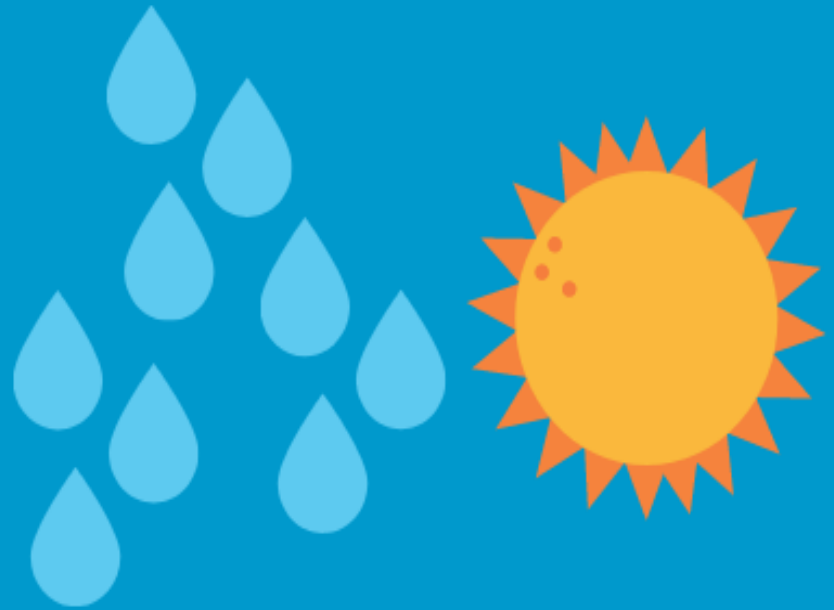
The best way to protect yourself against COVID-19 is by frequently cleaning your hands. Eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.



#Coronavirus **#COVID19**

FACT:

**The new coronavirus
can be transmitted in
areas with
hot and humid climates**



9 March 2020

There is no reason to believe that cold weather can kill the new coronavirus or other diseases.

The normal human body temperature remains around 36.5°C and 37°C, regardless of the external temperature or weather.

The most effective way to protect yourself against the new coronavirus is by frequently cleaning your hands with alcohol-based hand rub or washing them with soap and water.

FACT:
Cold weather and snow
CANNOT kill the new
coronavirus



Taking a hot bath will not prevent you from catching COVID-19. Your normal body temperature remains around 36.5°C to 37°C, regardless of the temperature of your bath or shower. Actually, taking a hot bath with extremely hot water can be harmful, as it can burn you.

The best way to protect yourself against COVID-19 is by frequently cleaning your hands. By doing this you eliminate viruses that may be on your hands and avoid infection that could occur by then touching your eyes, mouth, and nose.

FACT:
Taking a hot bath does not prevent the new coronavirus disease



To date there has been no information nor evidence to suggest that the new coronavirus could be transmitted by mosquitoes.

The new coronavirus is a respiratory virus which spreads primarily through droplets generated when an infected person coughs or sneezes, or through droplets of saliva or discharge from the nose.

To protect yourself, clean your hands frequently with an alcohol-based hand rub or wash them with soap and water. Also, avoid close contact with anyone who is coughing and sneezing.

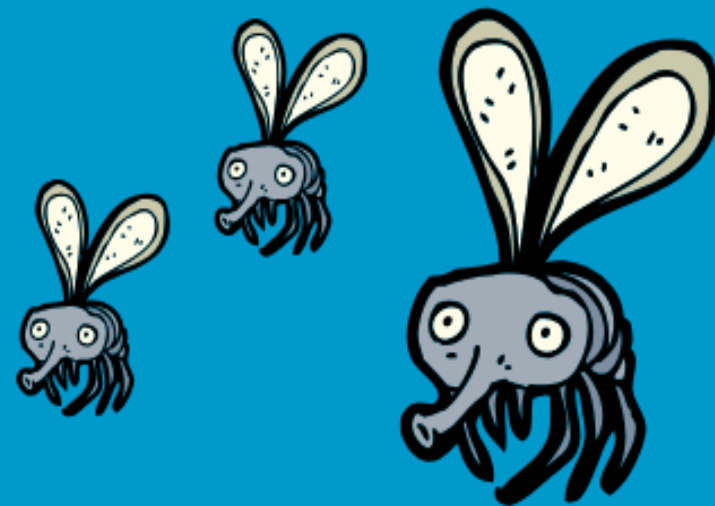


World Health
Organization

#Coronavirus

#COVID19

FACT:
The new coronavirus
CANNOT
be transmitted through
mosquito bites



No. Hand dryers are not effective in killing the 2019-nCoV.

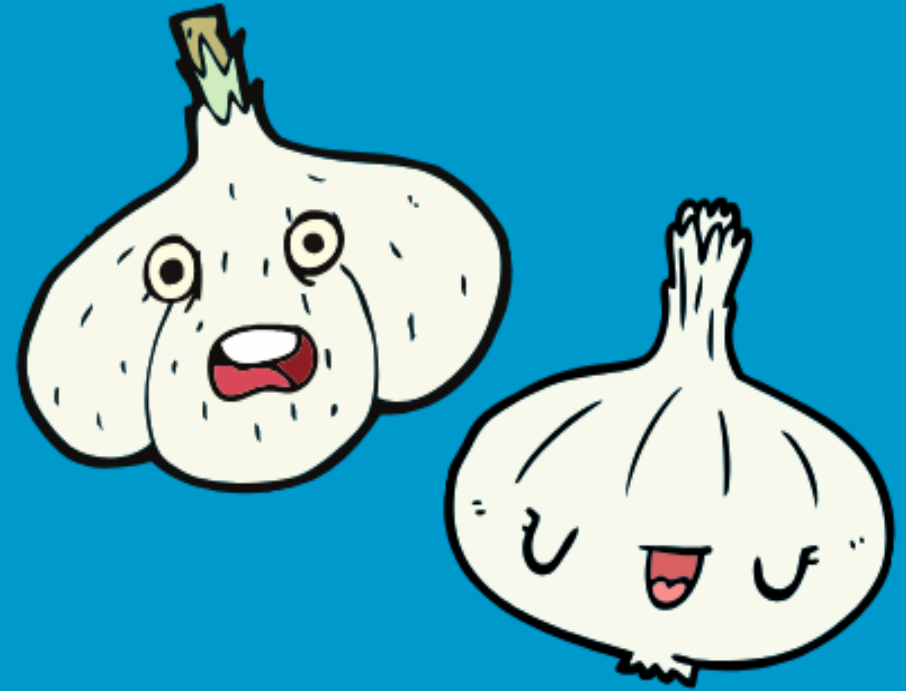
To protect yourself against the new coronavirus, you should frequently clean your hands with an alcohol-based hand rub or wash them with soap and water. Once your hands are cleaned, you should dry them thoroughly by using paper towels or a warm air dryer.

Are hand dryers effective in killing the new coronavirus?



Garlic is a healthy food that may have some antimicrobial properties. However, there is no evidence from the current outbreak that eating garlic has protected people from the new coronavirus (2019-nCoV)

Can eating garlic help prevent infection with the new coronavirus?

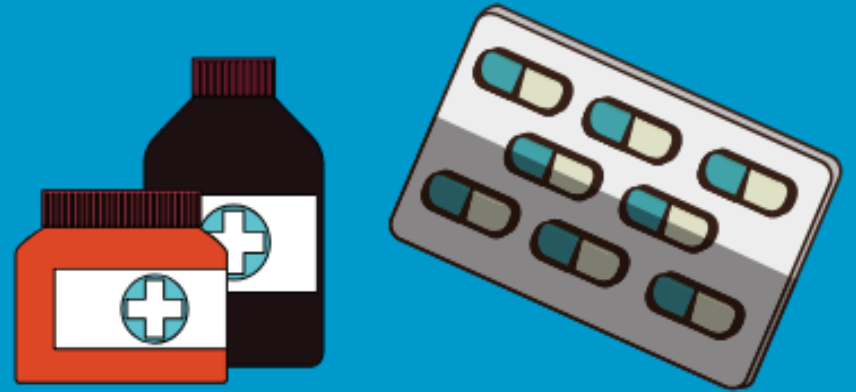


No, antibiotics do not work against viruses, only bacteria.

The new coronavirus (2019-nCoV) is a virus and, therefore, antibiotics should not be used as a means of prevention or treatment.

However, if you are hospitalized for the 2019-nCoV, you may receive antibiotics since bacterial co-infection is possible.

Are antibiotics effective in preventing and treating the new coronavirus?



To date, there is no specific medicine recommended to prevent or treat the new coronavirus (2019-nCoV).

However, those infected with the virus should receive appropriate care to relieve and treat symptoms, and those with severe illness should receive optimized supportive care. Some specific treatments are under investigation, and will be tested through clinical trials.

WHO is helping to accelerate research and development efforts with a range of partners.



#Coronavirus

Are there any specific medicines to prevent or treat the new coronavirus?

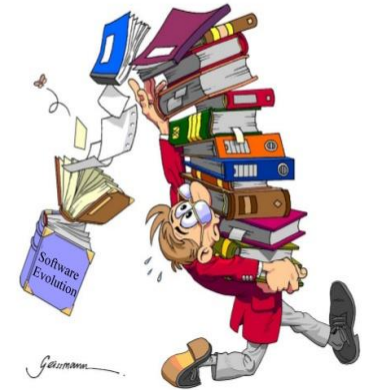


Οι ημέρες του COVID-19 είναι βέβαιο ότι θα αλλάξουν ως ανθρώπους αλλά και ως κοινωνίες. Αυτό που ζούμε σήμερα είναι βέβαιο ότι θα αποτελεί μάθημα για τις επόμενες γενιές.

Ωστόσο, σήμερα με τη σωστή αντιμετώπιση δίνουμε μάθημα στις επόμενες γενιές

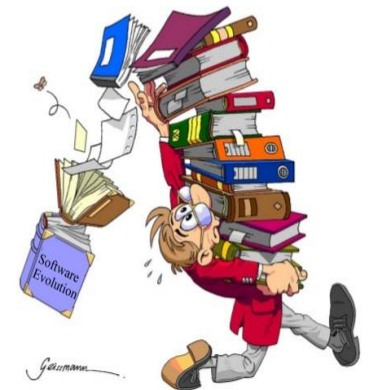
Strong healthy and sincere human relationships are what saves us from the fear of loss.

Take Home Messages



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Take Home Messages



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