

# Covid-19 Impact on Mental Health

## Weekly Insights: April 6 – April 14

We have summarised the key insights last week from our live Covid-19 Mental Health Impact Trackers enriched with in-depth analytics. The insights are based on over 2.5 Million tweets around Covid-19 / Coronavirus in English and German language.

To discover more insights in real time, check out our live tracker at:

<https://www.symanto.net/live-insights/mental-health-coronavirus/> (for tweets in English language)

<https://www.symanto.net/de/live-insights/mental-health-coronavirus/> (for tweets in German language)

### Mood Index

increased by 2 points on Easter Sunday



**anonymous**

He is RISEN, He will protect us from Pandemic Corona Virus. So, let's stay home and do our part. HAPPY EASTER SUNDAY ❤️

### Discussion around Mental Health Issues



### Most Discussed Mental Health Issues in English Tweets

Anxiety	Stress	Depression	Trauma	Sleeping Disorder
30%	24%	21%	8%	3%
—	—	^	^	v

Anxiety remains the most discussed mental health topic within last week. Trauma has gained significance, indicating a potential accumulation of traumatic experience through Covid-19.

### Most Discussed Mental Health Issues in German Tweets

Anxiety	Stress	Suicide	Anxiety	Sleeping Disorder
32%	29%	15%	6%	5%
—	^	v	v	—

As the discussion about the suicide of Hesse Finance Minister dwindled down, we've observed a drop of conversation around suicide in German Tweets last week.

\* Arrow indicates comparison against previous week.



## Triggering Topics

**Family** is the most mentioned topic within discussions around anxiety and stress. Health concerns about elderly family members, fear of failing to support family financially, and stress through increased responsibility (e.g. home schooling) are the biggest family-related triggers.

In conversations around depression, there were less mentions of family (26%). On the contrary, **lockdown, quarantine and isolation** have played a more important role in depression-related conversations (42%).

## On the bright side,

with a sense of solidarity, people are sharing more **tips and recommendations to cope** with the stress, anxiety and lockdown.

**anonymous**

#StayHomeStaySafe follow all recommendations to prevent the spread of #COVID19 - Keep a distance from the news : the anxiety from constant update is bad for your #hypertension - Be active : inactivity is a direct #lockdowneffect , it is bad for you , work on a routine for exercise

**anonymous**

#Health #tip : If you are anxious about getting the corona virus or from staying at home for so long , the best way to relieve your anxiety is #exercise . Any exercise that you can do in your own house can ease your anxiety level and , who knows , you might be starting a great habit !

**Saving money** is another positive outcome out of the crisis and in specific the lockdown. With the realisation that we can live well with less, people are spending less money which has a positive impact on mental wellbeing.

**anonymous**

Saving money honestly solves my anxiety.

**anonymous**

I am loving this lockdown lmao... my anxiety is under control and I been saving money..

If you are interested in a more in-depth report, analysis in languages not yet covered, or have any other inquiry, please don't hesitate to contact us at [info@symanto.net](mailto:info@symanto.net).