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Managing mental health in pandemic covid-19 and movement control order (Article) [\(Open Access\)](#)

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Abstract

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COVID-19 and the Movement Control Order (MCO) may trigger a 'next wave' of mental health problems. However, the relationship is not linear. Human psychology also has an impact on the outbreak. Thus, proper strategies to manage human psychology, especially mental health, is very important to break the vicious cycle. This article aims to discuss ways to manage mental health using cognitive-behavioural approaches, mindfulness and spirituality. Specific cognitive-behavioural and mindfulness strategies are listed and suggestions to return to the foundation of human existence are discussed. By practising the cognitive-behavioural, mindfulness, and spirituality strategies described, we may enhance our acceptance, optimism and commitment to prepare for a 'new or renewed normal'. © Penerbit Universiti Sains Malaysia, 2020.

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