

Mental Health Impacts of COVID-19 on Healthcare Workers

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Abstract. This article investigates the mental health challenges faced by healthcare workers during the COVID-19 pandemic. It highlights the psychological stressors and burnout experienced by medical professionals due to increased workloads and exposure to the virus. The study emphasizes the importance of mental health support systems and resilience-building strategies to protect healthcare workers' well-being. It calls for institutional policies to address these challenges and improve the mental health of frontline workers.

Keywords: COVID-19, Mental Health, Healthcare Workers, Burnout, Resilience

Introduction

The COVID-19 pandemic has placed unprecedented demands on healthcare systems globally, with healthcare workers bearing the brunt of these challenges. This article explores the psychological impacts of the pandemic on medical professionals, who face increased workloads, heightened risk of infection, and emotional stressors. The mental health of healthcare workers has come under significant strain, leading to burnout, anxiety, and depression. This study underscores the need for robust mental health support systems and resilience-building strategies to safeguard the well-being of these essential workers. Institutional policies that address mental health challenges are crucial for sustaining a healthy and effective healthcare workforce.

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