

Pandemic Fatigue and Mental Resilience of Seniors

Kua Ee Heok MBBS, MD, FRCPsych, PBM, BBM

Tan Geok Yin Professor of Psychiatry & Neuroscience, NUS
Emeritus Consultant, NUH
Mind Care Clinic, Farrer Park Medical Centre



Agenda

1. Pandemic Fatigue
2. Seniors at risk
3. Preventive Strategies

Pandemic Fatigue

Tiredness

Insomnia

Anhedonia

Poor Concentration

Irritability

The Blues

Seniors at risk

Mental health problems

Personality - anxious

Physical illness

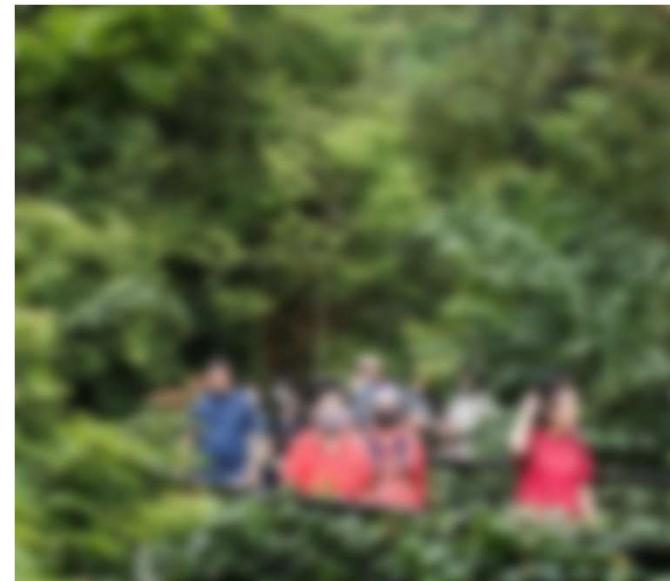
Dementia

Living alone

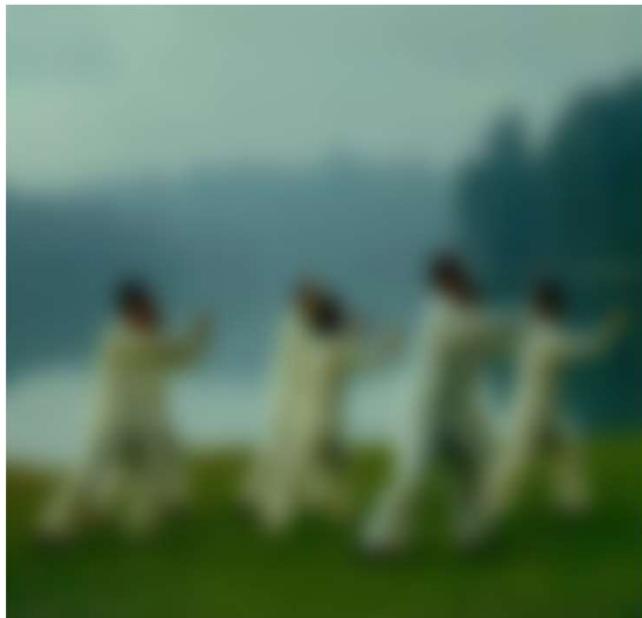
Mental Resilience

1. NEW NORM – ACKNOWLEDGE

2. INFORMATION
INFODEMIC



3. EXERCISE



Rawtaer I, Mahendran R, Kua EH, et al. Asia Pac Psychiatry 2015



4. DIET

Singapore Diet

5. Mindfulness Practice

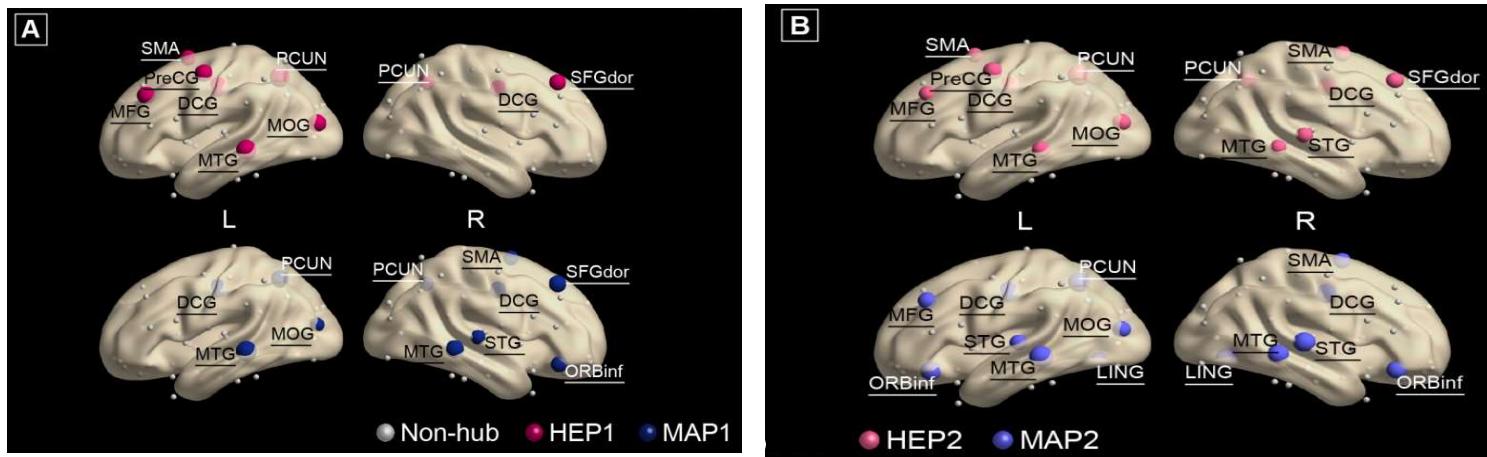
check [MindFi](#)



Mindfulness & Brain Connectivity

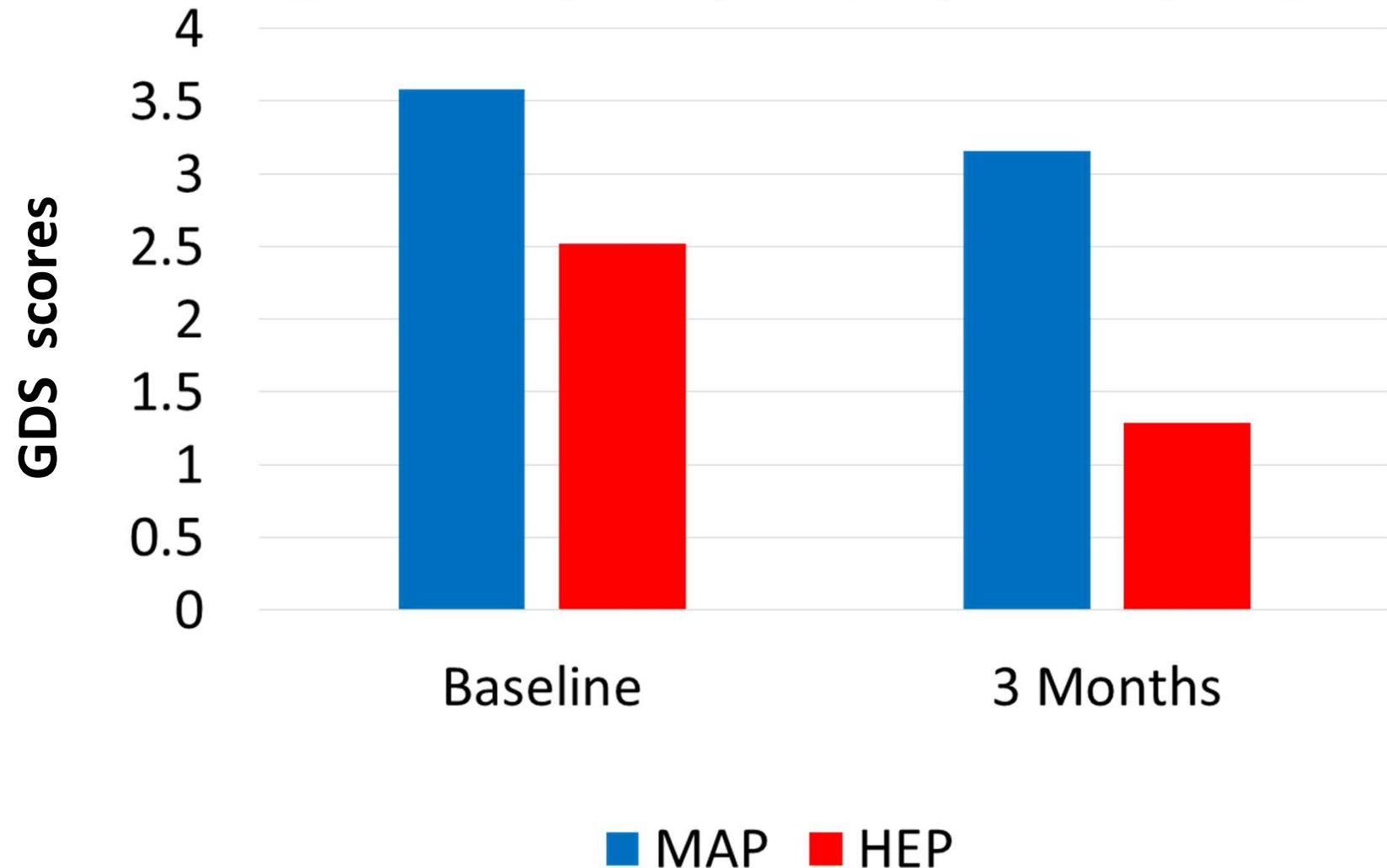
Improved Network Efficiency
Higher Nodal Efficiency

Fam J, Mahendran R, Kua EH, et al.
Psychiatry & Clinical Neuroscience 2019



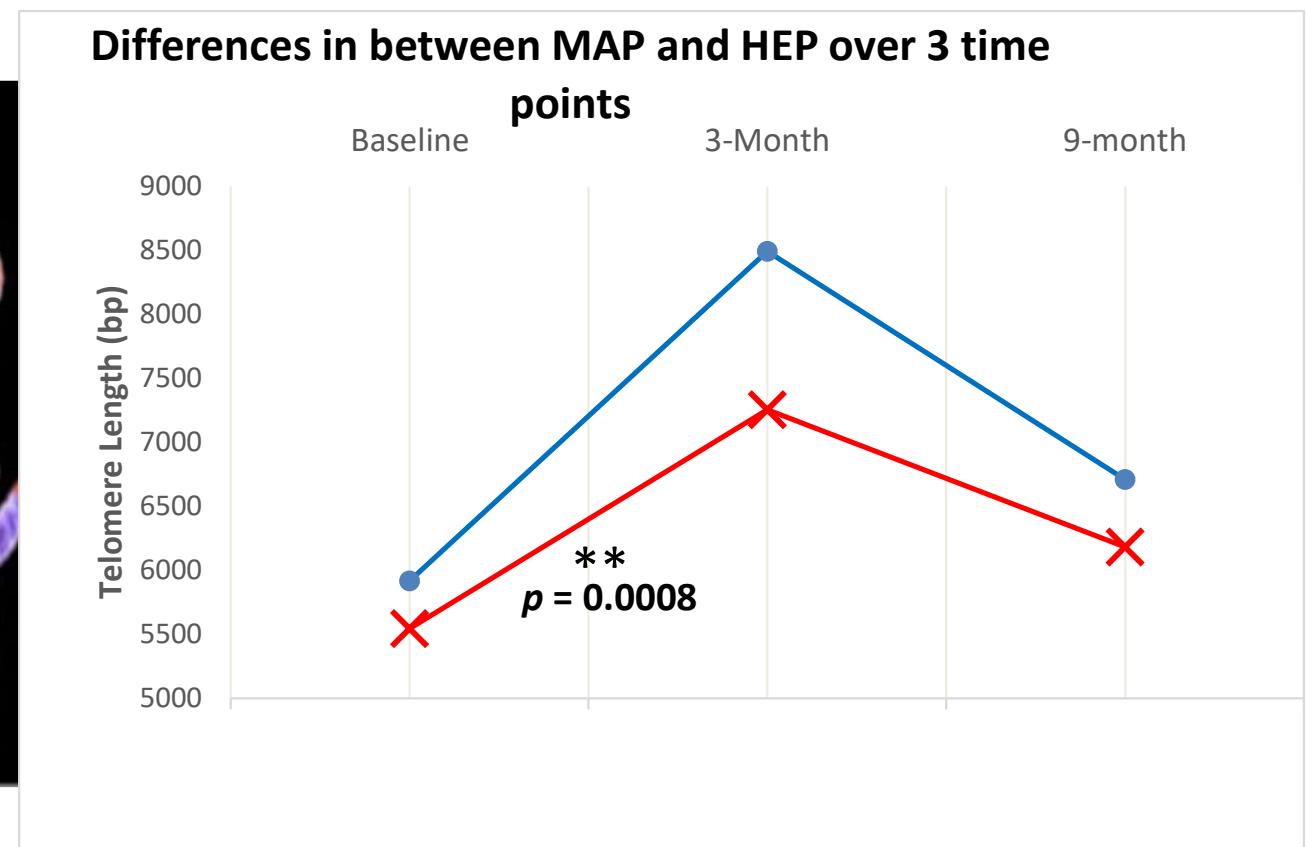
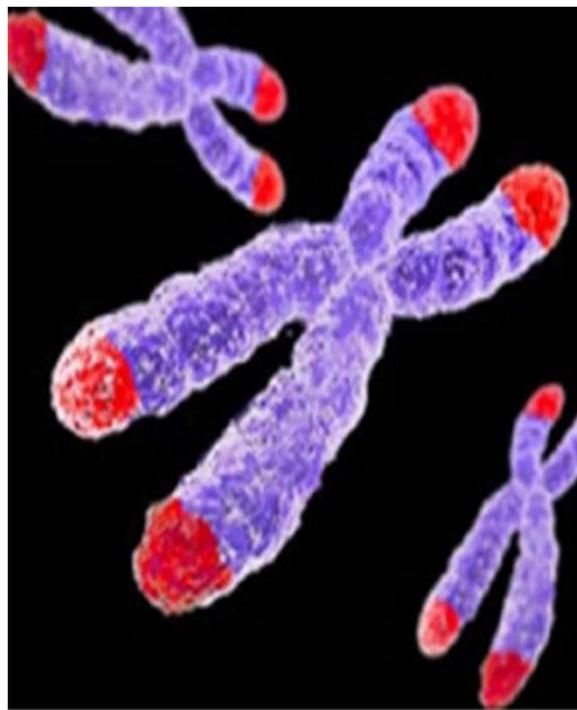
Depression scores at 3 months

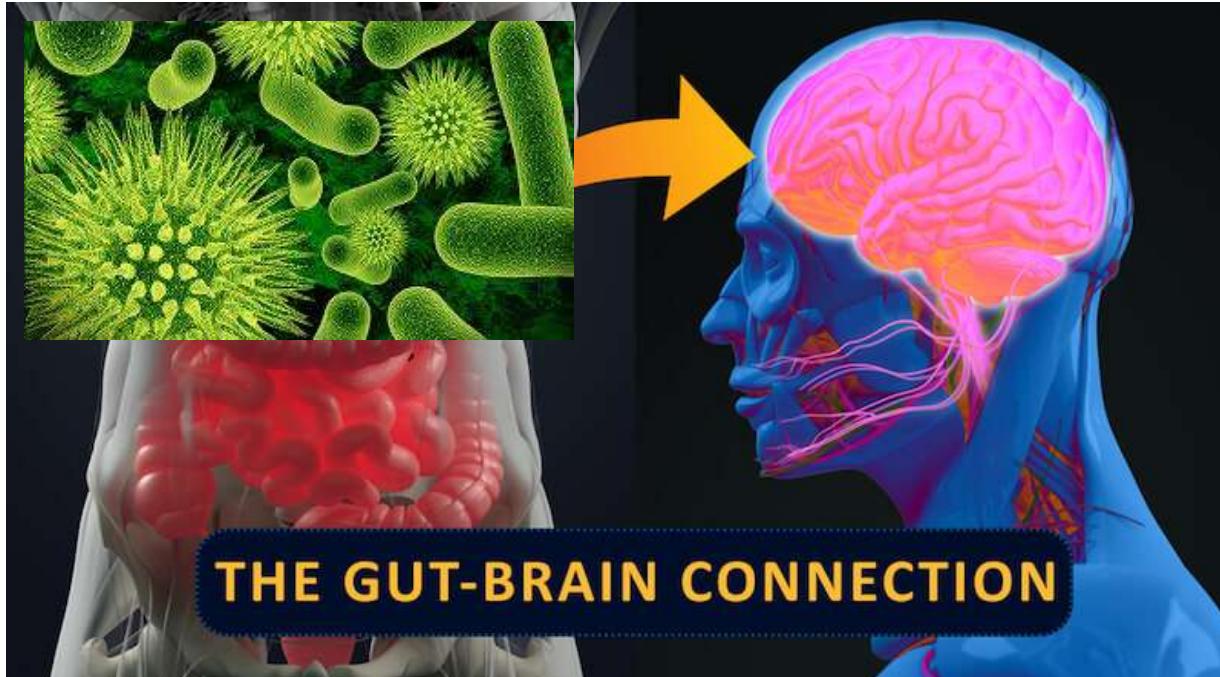
Rawtaer I, Mahendran R, Kua EH, et al. (2015) Asia Pac Psychiatry



Mindfulness and Telomere Lengths

JH Yu, Mahendran R, et al. Cortex 132 (2020)

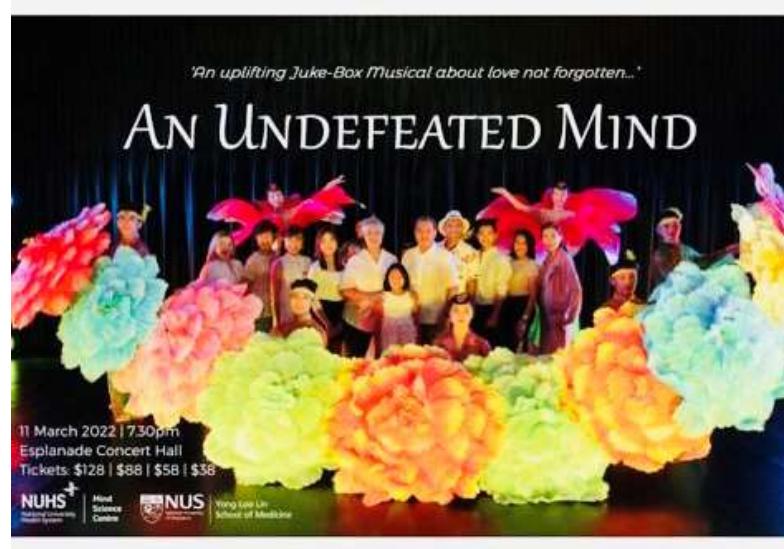




MAP improved people with mild cognitive impairment and modulated gut microbiome

WWT Khine, YK Lee, Mahendran R, et al. Aging 2020

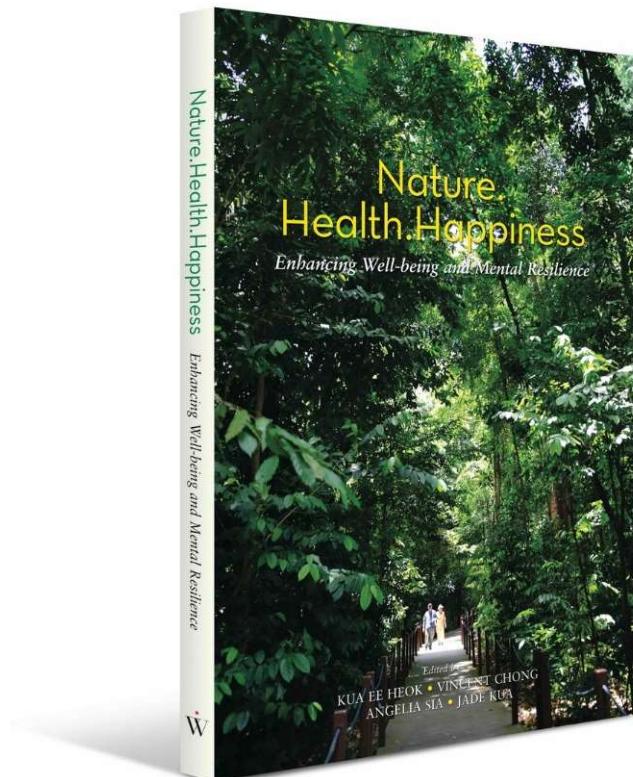
6. Recreational Activities



Feng L, Tsakok M, Lanskey B, Lim D, Kua EH, et al.

Aging (2020) 12(24)

7. Social Capital



7 Habits to Prevent Pandemic Fatigue

1. New Norm
2. Information
3. Exercise
4. Diet
5. Mindfulness Practice
6. Recreational Activities
7. Social Capital

