Care during COVID-19

Abstract

Medical anthropologists working at the intersection of COVID-19 and mental health often point out that we need to give ourselves the space to “not be OK”; that a healthy response to crisis requires acknowledgement and acceptance of how we are affected by it, rather than an attempt to go on as normal, as though nothing is wrong. In this forum, Dr Meek will review some concrete tips that medical anthropologists have suggested for how to put this insight into practice in our daily lives as we care for ourselves, our loved ones, our colleagues and students, and our communities.