

VETFLASH!

Dear member,

We are in a period where history is being created. You may confirm that any period that manages to create history, also creates pain for large groups of people. Think about any war, any period of economic depression, wide-spread famine. For the first time in the history of the world, there is no community that is left untouched (if they are currently untouched, they soon will be). We are faced with a number of confusing, conflicting and sometimes new emotions.

This article <https://www.self.com/story/pandemic-therapy-trends> encapsulates some of these emotions very well.

The article attached (from the Lancet) performs a literature review, using 24 articles describing the psychological impact of quarantine.

This article, published by the World Economic Forum, provides further interesting insight into the psychology of the lock-down.

<https://www.weforum.org/agenda/2020/04/this-is-the-psychological-side-of-the-covid-19-pandemic-that-were-ignoring/>

Best regards,
Gert Steyn
Managing Director

