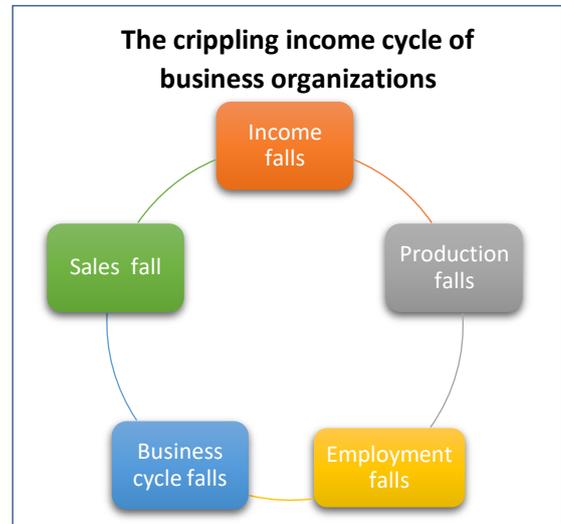




These statistics clearly state the downfall in the people running out of employment during the pandemic. This has increased the feeling of anxiety, stress and depression among people. The middle-aged people responsible for running their families and the youth trying to pave their way through making their career have been the worst affected in these times. It is very common for such individuals to adopt the wrong way for dealing with this situation.

The economic blow caused to the economy due to COVID-19 is huge and we can only imagine the impact in the coming days with the rapid increase in number of cases. Economies around the world must prepare for the global economic depression or the economic recession as after effects of the lockdown of COVID-19. It is not only the business cycle which is collapsing in the economies but all the consumer capacity and confidence. The economic cycle has taken a downturn and the effect of this is low disposable income in the hands of the consumers.

With companies laying off their employees in huge numbers and people losing their job the feeling of unrest and depression is another situation to tackle apart from the disease itself. The employers have their own limitations such as drop in sales which is hugely impacting their cash inflows, with no inflow of income it is almost impossible for the employers to keep running their business and paying their employees.



The Industrial production and the manufacturing units in India have also noticed a sharp decline. The service sectors business has noticed a shut down in the past few months and the worst affected industry being the construction industry which has come to a standstill ever since. This shows how every sector of the economy has been affected.

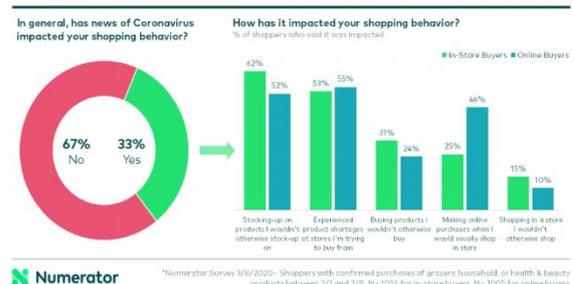
### Change in the lifestyle pattern during the pandemic:

The major shift in the consumer behavior as seen in the chart has forced business organizations to think of running their business with a new perspective.

A new outlook has been given to life in the emergence of the coronavirus. 'Digitalization' is the new normal and the whole world is operating through the digitalized platforms today.

Educational Institutes have been imparting knowledge and offices have been working from home. E-Platforms are being preferred for the sale of products and services. The needs from all around the world are being served through one single mode, the e-commerce platform. As much as this has become the new normal and everyone is getting settled in this lifestyle, it also comes with its own cons. Getting everything in the comfort of home without having to do much is going to cost us too much in the post covid world when we will be expected to going back to our normal hustle.

### COVID-19 Impact on Consumer Behavior



The Internet has come to the rescue of the whole world to facilitate the movement of activities from home. A survey shows the rise in the usage of internet during the lockdown.

Since the past few months our lives have been operating through the internet, it is also safe to say that we are living on the internet. As much as this has helped us be productive and has helped the business organizations manage their activities, it also makes us think that can excessive use of the internet impact your mental health?

## Mental Health Crisis in Corporate India

While the offices across the country have facilitated work from home provisions, there is also a lack of confidence in many places by the remote people responsible for work and their office staff. Even with the existing controls and allotment of work online, managers are still not convinced with the work received and keep pushing the potentials. This causes unrest in the minds of the employees and also is one of the main reasons of the bridging gap between the employer and the employee during the pandemic. But who is to blame? Not being monitored and having the levy of working from our comfort places at home has also made the employees laid back and lazy. Many believe that working from office has lesser distractions and hence boosting the concentration levels and many also believe that working from home has helped them be more productive.

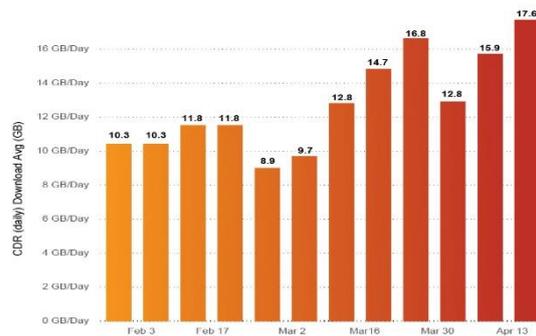
**Workplace Mental Health** is one of the most crucial yet the most ignored part of any business organization. An employee with a healthy mind space tends to be more productive than an employee whose mind space is ignored. A mentally healthy workplace is such an important factor to boost your business. The employees are the crux of any organization and when these employees are happy with the work environment and get a feeling of safety in respect to themselves and their mental health they tend to hold on to that business as their own. The bottom line being – **A Mentally Healthy Work Force is a Boost for Business.**

Many people working at the apex position in a business tend to go through the stress and anxiety which can lead them to choose wrong means. The problem of stress in corporate India has been a problem since decades but it only came to light when the owner-promoter of Café Coffee Day V G Siddhartha died of suicide in 2019 due to business pressures. Mental illness has been common in corporate India in the employers, apex position holders as well as the employees. A major reason behind this is when people in an organization do not work hand in hand. The Indian corporate world focuses more on getting the work done instead on focusing on the stability of the working force. This is one of the major reasons for the high labour turnover in Indian Organizations.

Can corporate India work together without taking care of each other's mental health?

Stigma! This has proven to be one of the main reasons why talking about mental health has become such a taboo in the Indian society. Being over loaded with work, no understanding between the manager and the employees, misunderstandings and communication gaps are one of the main

Covid-19: Average Data Consumption Per Day



Source: Excitel Broadband

Inc42



triggers of mental health problems at work places. Mental Health Insurance Cover is also not a common term for India. This shows how much we tend to sideline a healthy mental space.

Being hit by the pandemic, we can only imagine how dealing with mental health at workplace has become even more difficult as the lack of communication; communication gap and interpretation errors are highly common with work from home.

This problem can also be reversed and used as leverage in these tough times, to know your employees and form a healthy workplace environment and here are some tips on how a business organization can grow amid the virus situation:

- Communication: The Key to Understanding.
- Building a Trust Factor: Lending a Listening Ear.
- Conducting Interactive online sessions to boost the employer-employee relationship.
- Make the other feel important.

Every organization can benefit in the long run with the trust and reliance built in these times.

The scientists around the world are busy working on the vaccine while the economies around the world are fighting the devastation done by the virus especially in terms of physical health. The kind of importance given to the physical health and treating the affected patients is a need of the hour but also makes me wonder how different the scenario would've been if the same importance or even nearly the same importance was given to mental health?

Pedro Diaz has rightly quoted *“Remember that your worker is not a problem. He doesn't exist in isolation. When one of us has a problem, we all have a problem.”* We all should endeavor to create a healthy business environment during and post COVID-19 to make it easier for each other and the business at large. 

**Disclaimer:** *The contents of this document are general & purely informative in nature. The intent of this document is not to provide any advice or address any concerns in particular. We take every precaution to ensure the contents of this document are accurate & correct. However, we suggest to take professional advice before acting on the information contained in this document and do not accept any responsibility or liability for any loss caused for relying on the contents of this document.*