

# Promoting Mental Health Raise the level of the community economy at Ban Nakun

The outbreak of COVID-19 has affected; Long COVID-19: Allergy 12 people, pain 54 people, Exhaustion 56 people, easily irritated 27 people, stressful 80 people. The stress problem is caused by the agricultural sector in the community losing the opportunity to generate income from the amount of produce that reduces market demand.

## Operation process

- Organize a health knowledge forum
- Managing stress and dealing with emerging diseases
- Mental health assessment
- Organize activities to promote physical health and reduce symptoms from long-COVID.
- Promote the transmission of mental images through recreational activities and volunteerism.
- Leaders exchange knowledge with model communities on part-time occupations
- Providing knowledge about integrated agriculture careers to the people Establish and revive additional occupational groups.
- Join in learning about online market management with the management unit.

## Project results

- Long COVID-19 syndrome has mild symptoms.
- There were 11 people with moderate stress.
- There are 3 supplementary occupation groups, consisting of Household vegetable growing group using community materials (32 people), Fish farming group (10 people), Chicken farming group (8 people)
- Community development volunteers organize recreational activities twice a month, organize activities to move the body and live comfortably twice a month by inviting village walks. inviting “Basalob” to dance when the activity is finished, and inviting each other to collect garbage. sweeping leaves, mowing grass on the side of the road or public places



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