



HOW TO BE "PSYCHOLOGICALLY HEALTHY" DURING COVID-19 MCO

Feeling overwhelmed by a lockdown and the need to adapt to e-learning?

Online Learning Anxiety



We will do all we can to keep our students from falling behind. Difficulty concentrating, low motivation and a state of distraction are to be expected. Adaptation will take time. Go easy on yourself, take one day at a time. Structure is comforting, especially when our environment is uncertain. Set realistic goals, contact your lecturers, keep in touch with your batchmates (I am sure they are as anxious as you are). Reach out to someone familiar with e-learning and share ideas and concerns.

Stay Healthy

Eat and drink mindfully. Keep yourself hydrated. Increase movements. Staying indoors limits your physical movements so venture into physical exercises like yoga, aerobics, dances, zumba etc. Encourage siblings and elders to join in and create a fun activity together. Dancing always gives your brain and mood a big boost. Adopt relaxation techniques. Meditation and breathing techniques helps calm the mind from worries, doubts, negative thoughts and fears. Practice good sleep hygiene (avoid blue lights before bed, and maintain a routine to sleep and wake up).



Family & Relationship



Prolonged quarantine and enforced togetherness puts strain on relationships and has the potential to drive people together or apart. It is best to :

- ** House routines. Maintaining a routine will be important but it need not be strict. Help each other out and limit the time you spend on household chores.
- ** Give each other space. Respecting time alone is important for both you and your family members.
- ** Accept that conflict and arguments may occur. Maintain safe communication with your loved ones. Try to resolve issues quickly by remaining in a positive frame.
- ** Stress, frustration and loneliness. You may find your family members essentially dropping out of conversations. Understand each other's need and work together to improve the situation and stave off frustrations. Avoid criticism and contempt and try to be patient and generous in your communication.

Social Media & News

Maintain safe communication with your loved ones, friends and social network through existing social media channels to reduce loneliness and psycho-social isolation.

- ** Get latest information from credible sources because ambiguous information does nothing to reduce anxiety or reduce the urge to seek reassurance.
- ** Minimize exposure to pandemic related information or news if it causes you to feel anxious or distressed.
- ** do not circulate misleading & fake news
- ** Protect yourself and be supportive to others. Use social media to work together as one community to help to create solidarity in addressing COVID-19 together.



Voice Out Your Concerns and Self-care

- ** Feeling Claustrophobic or trapped? (1) Open the windows to let in fresh air. Or you could spend time sitting on your doorstep, or in the garden if you have one. (2) Try looking at the sky out of the window or from your doorstep. This can help to give you a sense of space. (3) Regularly change the rooms you spend time in.
- ** Know your triggers (what causes you to be stressed, anxious, or worry) and don't be afraid to ask for help. Be kind to yourself and understand that every individual manages stress and/or stressful situation differently.
- ** People with psychological related health issues must create a self-care plan (i.e. sufficient medication , doctor's contact details)
- ** Contact your doctor, the counselling services or your trusted ones for support. Dont be shy.
- ** Avoid using unhelpful coping strategies such as tobacco, alcohol, or any form of drugs which can worsen your current mental and physical wellbeing.
- ** Some responses to stress during quarantine : Excessive worry or sadness, Unhealthy eating or sleeping habits, Irritability and "acting out" behaviours, difficulty with attention and concentration, avoidance of activities enjoyed in the past (indoor), unexplained headaches or body pain

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