



## We care for your Wellbeing during Lockdown period

Pandemics are far from being just medical phenomena. They disrupt personal and professional lives severely and affect people and societies at several levels. The key strategies promoted for containment of an outbreak of this nature are isolation and physical distancing – both can have significant impacts on our life and relationships. The outbreak of coronavirus disease (COVID-19) may be stressful for people. WHO announced COVID-19 as a pandemic disease in January 2020.

Fear, feeling stressed, anxiety, uncontrolled fear, negative thoughts, helplessness, loss of interest in daily activities, changes in eating habits, feeling disconnected and feeling isolated from others, irritability and frustration. The regular information about a disease can be overwhelming and cause strong emotions in adults and children. One feels that he actually has contracted the disease without any physical symptoms of the disease. COVID-19 is the ultimate disruptor, reshaping people's work lives, family dynamics and finances. No one knows how long it will last. No one knows who's contagious. And confronting all of these issues at once can cause emotional and psychological stress, affecting people and their relationships. We need to manage this stressor by incorporating preventive measures suggested by WHO, which can help in staying healthy. These measures are:

- Stay at home and spend time with loved ones
- Wash hands regularly
- Maintain good respiratory hygiene
- Maintain safe distance from people who are unwell
- Do not rely on social media or look upon news for right dissemination of information.

During this period of lockdown where social distancing and isolation are central, it is not only important to stay physically healthy but also to take care of your mental well-being. As fear and anxiety increase during these uncertain times, it is important to recognize and be grateful for what we have, stay connected to those we love and care for, and lend a helping hand to those who need it. To maintain our mental health minor **strategies** we can use are:

- Stay away from fake news
- Reframe negative thought patterns with positive ones
- Maintain positive frame of mind by indulging in positive activities.
- Indulge in spiritual activities.
- Eat healthy, keep yourself hydrated with warm water and green tea.
- Refrain from alcohol.
- Maintain healthy exercise routine ranging from aerobics, yoga, brisk walk, dance therapy.

The **Psychological techniques** which can be useful are:

- Creative Visualization videos which are available online.
- Progressive muscle relaxation
- Practice Mindfulness meditation
- Make use of gratitude; make a gratitude journal, by noting down on everyday basis what you can be thankful to God for.
- Spend time with pets.
- Use of Colour Therapy, use of pastel colours like green, blue and red are good stress busters.

And above all **Stay home** and **Stay Safe**.

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