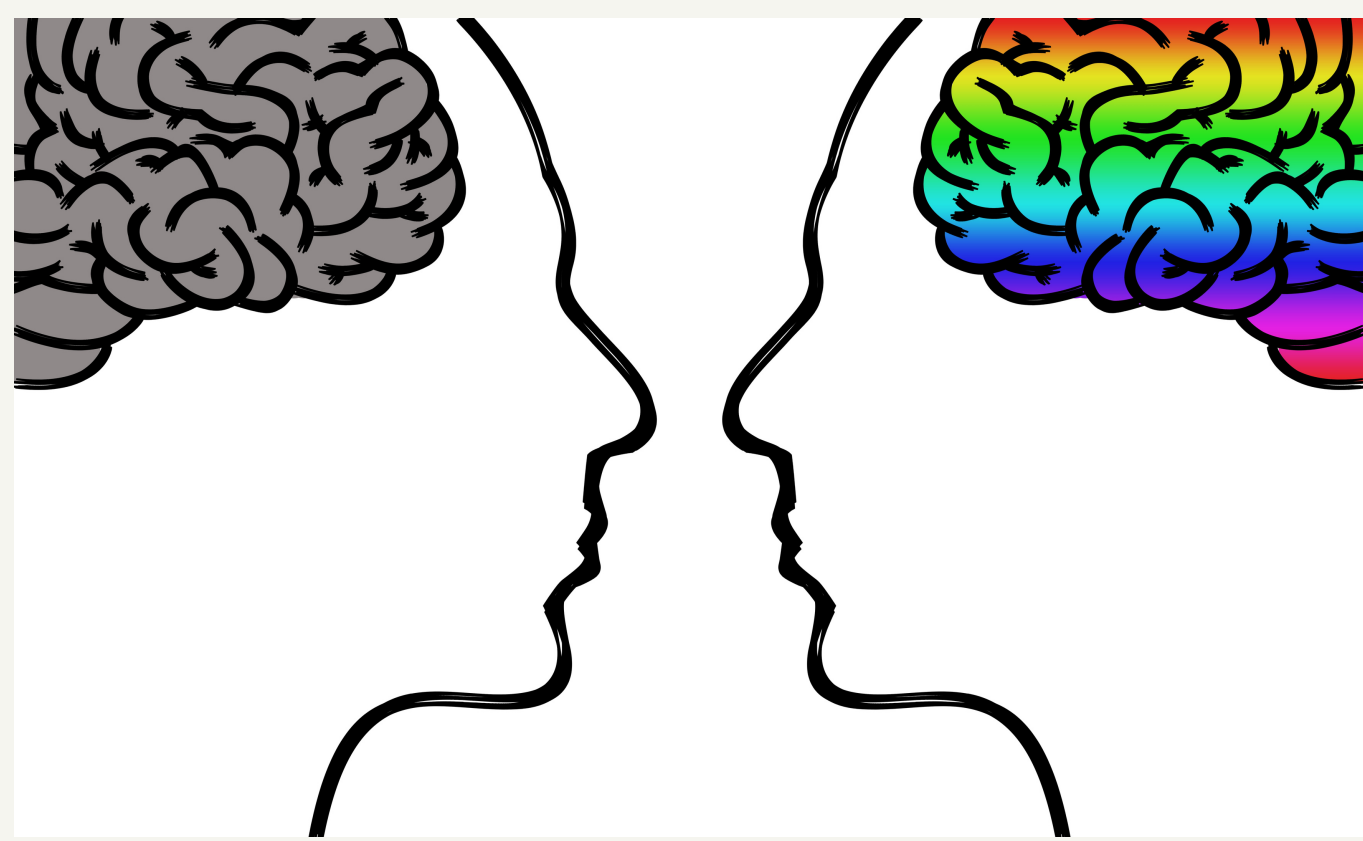


## How to care for your mental health during COVID-19

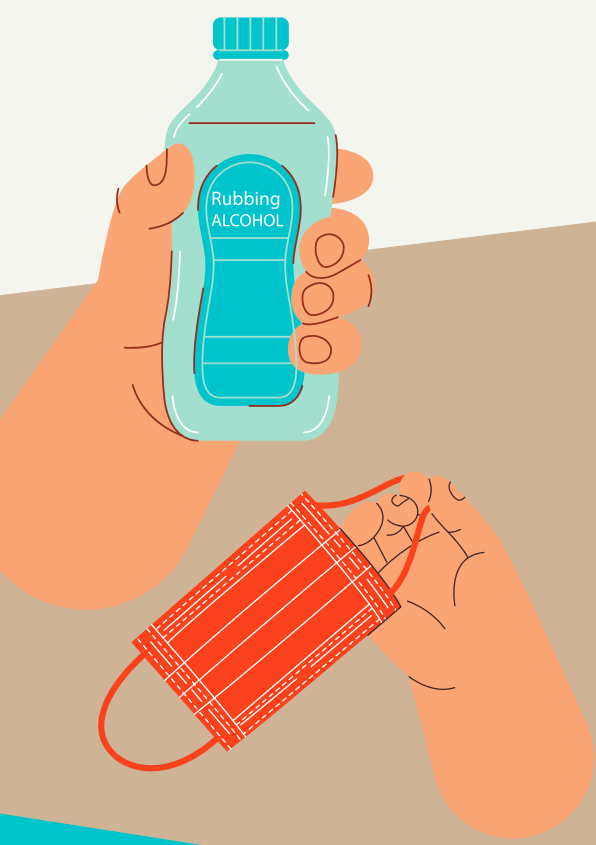
Symbiosis Centre for Emotional Wellbeing



### How to identify if your mental health is okay or not?

Ask yourself the following questions:

- 1) Do I feel stressed?
- 2) Am I feeling tension, worry or any level of discomfort mentally?
- 3) If I am feeling any of these, on a scale of 0-10, 10 being the highest how stressed out am I feeling?
- 4) What change have I noticed in my
  - a) thoughts,
  - b) mood,
  - c) behaviour and
  - d) body



### Physical Signs to look out for

1. Headaches, loss of appetite, neck and shoulder pain, lumps in the throat, back pain, heavy chest, upset stomach, tight muscles, skin rashes, bowel issues
2. Exhaustion and fatigue
3. Loss of sleep and appetite
4. Restlessness
5. **Check if these are because of COVID-19, inform your doctor to ensure that these aren't due to your physical health condition at that time (if you're a COVID-19 patient or even a caregiver)**



### Psychological Signs to look out for

1. Lack of focus and attention
2. Getting easily angry or irritable
3. Restlessness and/or cannot sit still
4. Feeling sad/guilty/worry or low; feeling helpless or hopeless
5. Crying spells
6. Exhaustion and tiredness
7. Having intrusive and disturbing thoughts from the past or harmful or bad things that could happen in the future (check especially if these are **thoughts of self-harm or suicide**, and if so **contact** your **MO/SCEW** or a **Mental Health Practitioner immediately**.)





**Person  
with  
COVID-19**

Are you a

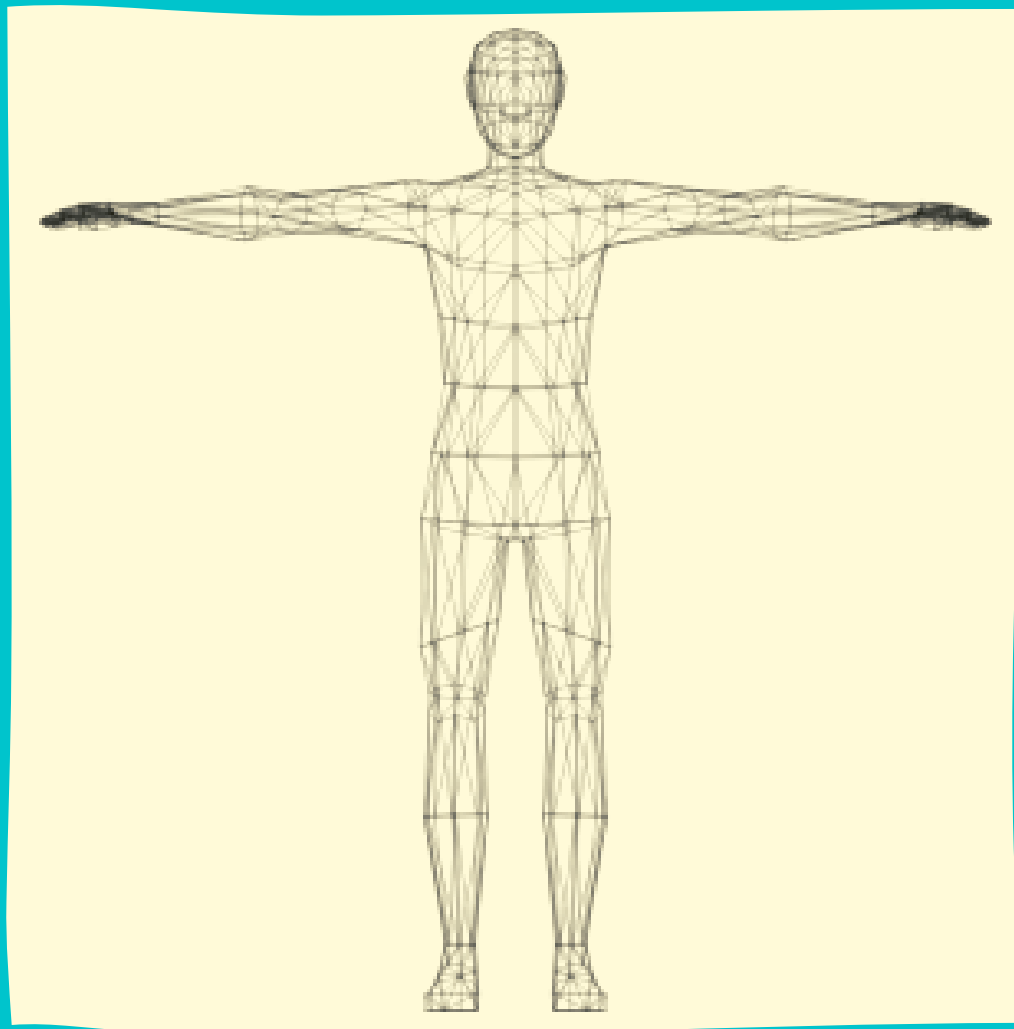


**Caregiver of  
Person with  
COVID-19**



There are similar areas that impact one when they are a person with COVID-19 and when they are a caregiver of someone who has COVID-19

Look out for changes on the following dimensions:



**PHYSIOLOGICAL**



**SOCIAL**

**EMOTIONAL**



# PHYSIOLOGICAL

1. **Sleep Hygiene:** <https://healthmatters.nyp.org/how-to-maintain-healthy-sleep-habits-during-the-covid-19-pandemic/>

## 2. Appetite:

- a. Keep a check and see if any changes occur in your appetite
- b. Contact your MO/Doctor to get a nutrition consult to understand how to manage your appetite.
- c. Ensure you drink enough water and fluids.
- d. Try to avoid alcohol, smoking and other substances.

## 3. Tension in body:

Use a method called Jacobson's Progressive Muscle Relaxation that will let you release any stress you might be holding in your body. Use the link below:

<https://www.youtube.com/watch?v=ih002wUzgkc&t=8s>

# EMOTIONAL

## 1. Mood

a. Check in with yourself and see how you are feeling. Use the Emotion Wheel to check what emotions you're experiencing

(<https://ytp.uoregon.edu/sites/ytp2.uoregon.edu/files/Feelings%20Wheel%20in%20PDF.pdf>)

b. Write down your feelings in journal or a piece of paper and try to identify why you are feeling these emotions on a daily basis.

## 2. Grounding

Use the resources here to explore a grounding strategy that works for you:

a. <https://www.winona.edu/resilience/Media/Grounding-Worksheet.pdf>

b. <https://www.jmu.edu/counselingctr/files/Grounding%20Techniques.pdf>

## 3. Fact-Opinion Check

Use the guide below to check if the distressful thoughts occurring in your mind are facts or opinions:

<https://www.getselfhelp.co.uk/docs/FACTorOPINION.pdf>

# SOCIAL

## 1. Physical Distance not Social Distance

Maintain the necessary physical distance required for your safety but do not self-isolate socially. In times of sickness and/or caregiving you will find the most solace in your support system. Tap into your social relationships and express your experiences and allow for yourself that space of listening and empathy from your loved ones.

## 2. Maintaining boundaries

Being sick or caregiving for someone can be very emotionally, physically and socially draining. Allow yourself to have healthy boundaries with how much you engage and take some time out on a daily basis to practice some self-care.

Resources for self care:

a. <https://www.acesdv.org/wp-content/uploads/2020/04/Activity-Book-for-Self-Care-During-COVID-19-3.31.20.pdf>

b. <https://www.acesdv.org/wp-content/uploads/2014/06/Self-Care-Wheel.pdf>

## 3. News Intake and exposure to information

Limit information that you consume in the day through conversations around COVID-19, the news, social media. Get your information from authentic sources.

# SUICIDE AND SELF-HARM

## 1. Self-Harm

It can get very overwhelming when one feels like self-harming in some form or another and/or one knows a loved one is self-harming. Read and go through the resource below to understand and manage this better.

<https://www.helpguide.org/articles/anxiety/cutting-and-self-harm.htm>

## 2. Suicide and suicidal thoughts

If you are having suicidal thoughts, first thing to do is ask a loved one for help or call a **helpline**.

If you know a loved one is having suicidal thoughts use the following resource and contact a **helpline** or a **mental health professional**.

<https://www.bethe1to.com/bethe1to-steps-evidence/>

### Helplines:

**AASRA:** +91 9820466726

**FORTIS:** +91 8376804102

**VANDREVALA FOUNDATION:** +91 7304599836, +91 7304599837

**SAMARITANS MUMBAI:** +91 8422984528, +91 8422984529, +91 8422984530

**NATIONAL MENTAL HELPLINE NUMBER:** 1800 599 0019