

Ensuring wellbeing during the pandemic

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**



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 (especially if these are **thoughts of self-harm or suicide**, and if so **contact your MO/SCEW or a Mental Health Practitioner immediately.**



Precautions for managing covid-19 anxiety

Limiting exposure to information:

An excess of information can make us more anxious and have an adverse effect on our mental health. Disconnect and build healthy news habits by setting specific times to check the news, seeking factual information from trusted sources, and also looking for positive, uplifting stories amidst the pandemic. The limit is different for everyone, so pay attention to how you're feeling and adjust accordingly.



Practicing self-care

Here are some interesting activities to help you create your own self-care routine.

<https://www.psychologytoday.com/intl/blog/shyness-is-nice/201403/seven-types-self-care-activities-coping-stress>



Fact or opinion?

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

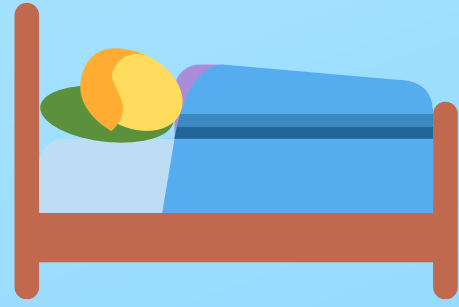
<https://www.getselfhelp.co.uk/docs/FACTorOPINION.pdf> ???



What can you do to ensure mental wellness?

Physiological Wellbeing

Sleep Hygiene



<https://www.cci.health.wa.gov.au/-/media/CCI/Mental-Health-Professionals/Sleep/Sleep---Information-Sheets/Sleep-Information-Sheet---04---Sleep-Hygiene.pdf>

Nutrition and diet



8 healthy eating tips to manage moods -

<https://youtu.be/CSHO9VdVRfg>

Eat well guide - <https://www.nhs.uk/live-well/eat-well/the-eatwell-guide/?tabname=digestive-health>

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:

<https://www.youtube.com/watch?v=ihO02wUzgkc&t=8s>



Get moving!

Exercise is not only good for your body, but it can also boost your mood, improve sleep, and help you deal with stress, anxiety, depression, etc. Use the guide below to help you get started.

<https://www.therapistaid.com/worksheets/mental-health-exercise-benefits.pdf>

What can you do to ensure mental wellness?

Emotional Wellbeing



Incorporate mindfulness practices

Incorporating mindfulness into everyday life can greatly improve our emotional wellbeing by allowing us to be fully aware and engaged in the present moment.

<https://mrsmindfulness.com/11-ways-to-bring-more-mindfulness-into-your-life-today/>

<https://www.mindful.org/take-a-mindful-moment-5-simple-practices-for-daily-life/>

Use Grounding

Grounding exercises are ways you can reconnect with the present moment – the here and now, and bring yourself out of a distressing emotional state.

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

Circle of control

Identify the things you can control, and practice letting go of others

<http://www.clairenewton.co.za/my-articles/circles-of-control.html>

Manage stress

<https://www.verywellmind.com/stress-management-4157211>

What can you do to ensure mental wellness?

Social Wellbeing



Keep in touch!

Maintain the necessary physical distance required for your safety but do not self-isolate socially. Without physical social interactions and working from home can make you feel lonely and isolated. Hence it is important to make time and reach out to connect with others, as 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.

Set boundaries

Setting clear personal boundaries is essential to ensure healthy relationships. Here are a few tips on how to do so:

https://www.uky.edu/hr/sites/www.uky.edu.hr/files/wellness/images/Conf14_Boundaries.pdf



Limit social media use

While social media can be a great way to connect with others, it can also fuel anxiety, stress and impact our mental health because of excessive use. Use the link below to help you use social media in a healthy way.

<https://www.mindwise.org/blog/mental-health/how-to-have-a-healthy-relationship-with-social-media/>

Dealing with virtual life

Having to attend classes online and working from home since over a year can give rise to feelings of frustration, boredom and reduce concentration and productivity.



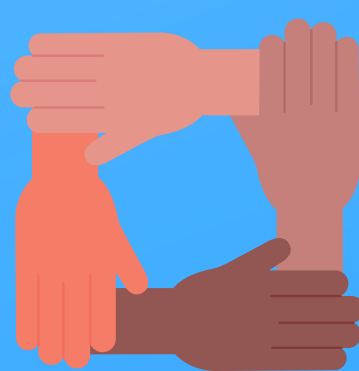
Here are some tips to help you cope with this:

- Create a specific space where you can study/work with minimal distractions and keep that separate from your personal space. Ensure there is adequate light and ventilation.
- Have a fixed schedule with clearly defined study/work hours and stick to them regularly. At the end of the day, put away your electronic devices, books or any other materials and engage in other activities.
- Actively participate in discussions, ask questions and make notes to stay engaged and get the most out of the classes.
- Take breaks from time to time - pause your screen time, stretch out, listen to some music or just move around.
- Avoid using virtual content as a means of distraction, as that can fuel digital exhaustion and be more triggering.

Coping with grief

Coping with the sudden loss of a loved one is difficult, especially along with the trauma of being in the midst of a pandemic . Below are some resources that can help you to manage these heightened emotions and cope with grief.

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/stress-coping/grief-loss.html>



Support groups:

<http://itsoktotalk.in/find-help/>

<https://www.opentohope.com/>

Seeking Support



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.bethelto.com/bethelto-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

To reach out to **SCEW**

Email: [mindhelp@siu.edu.in](mailto:mindhhelp@siu.edu.in)

In case of mental health crisis or emergency, you can reach us on the number mentioned in the SymbiCare app.

Campus MO: In case of a medical emergency, contact your campus medical officer from the SymbiCare app.