

## Brighter Side of Life in Covid - Positive Mental Health

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The news around corona virus first came as a shock and then it created fear and panic worldwide. Of course, the way it has manifested itself today all around the world with such a great impact wasn't anticipated. In the midst of the pandemic we were bombarded by news, updates, unsettling information every day and the fake news around it. And today we are in a nationwide lockdown. The most complicated hurdle to handle is fear and it leads towards some nasty and unmanageable feelings. Soaring anxieties are being witnessed all over. Yes, you, me and everyone is feeling the fear around corona virus.

With information all over and big shifts in our lives during the corona-quarantine times things will get roughed up. While scientists are digging hard to find a cure, battling the fear and curing it is in our hands. To tackle is to take care of our mental health and self-care and love is an important tool for the same. Most of us will be spending a lot of time at home and many of our regular social activities will no longer be available to us. The brighter side of things is always a catch, the isolation period will help to try and see it as a different time in your life, and not necessarily a bad one.

It will mean a different rhythm of life, a chance to be in touch with others in different ways than usual. Thanks to the technology we can be in touch with other people regularly on social media, e-mail or on the phone, as they are still good ways of being close to the people who matter to you.

The time can have a lot in for yourself, create a new daily routine that prioritises looking after yourself. Try and rest and view this as a new if unusual experience, that will have its benefits. We have few suggestions that will help:

- **Seek accurate information and practice social media distancing:** Limit yourself to reading information from reliable sources, such as WHO and Governmental notices. These credible sources of information are key to avoid the fear and panic that misinformation may cause. The fast-forwarded messages spread misinformation faster than the virus itself. Rumour and speculation can fuel anxiety. Having access to good quality information about the virus can help you feel more in control. Shun the unnecessary buzz by alerts and notifications off, have alone time without the constant pings and stick to the relevant. Be on your phone when you want to be and take control of it.
- **De-clutter your space, after all, it's time for your resolutions to come to life:** Self-care in the wake of the coronavirus outbreak includes all the things you have been ignoring for yourself. Where possible, maintain your daily routine and start a healthier and interesting one. Re-arrange your space and organise better. You'd like a new look. Play your favourite genre of music alongside arranging the shelves. You can watch online videos to inspire the inner designer in you. Re-decorate your surroundings, separate the trash from the useful. Use your creativity in making your space seem more you, accessible and homely.
- **Cure your aura during corona:** This challenging time can be thought of with a positive outlook. Since we are at our homes away from any distractions and daily busy routines, we should think of it as a time to heal ourselves, assess and re-evalu-

ate ourselves as individuals and our relationships. Take the time to tone down physically and mentally. Self-introspection through meditation, breathing and chanting in the alone time can help a great deal. It's time to take a breather, be mindful and relax. You can make a schedule in the morning or before going to sleep to meditate in your safe space, practice various breathing exercises, feel calm and relaxed. Take the positivity of your efforts and dedication in and breathe the negativity out with the hope that there are good times waiting ahead!

- **Activity Time:** Let your faded hobbies and interests that got lost due to a muddled-up routine find a way again in your life this time. Rediscover the child full of curiosity in yourself again, indulge in arts and crafts, let your creativity take a spin and create memories with yourself that'll always be available. Be your own chef and try your hand at cooking a favourite dish. Take a stroll in your garden and do a little gardening.
- **Practise a healthy sleep routine:** If you have been struggling with sleep this is the right time to start getting yourself the 6 - 8 hours of night sleep and wake up the next morning feeling energized and rejuvenated. Let your body get its rest time and catch up on reviving it.
- **Have meals at regular intervals:** Just because you are at home doesn't mean that you will spend days being a couch potato and skipping on essential meals to binge-watch your favourite shows. This is the time to fulfil your new year resolution, get on track to maintain a healthy lifestyle. It's important to keep in mind that since we have a good amount of time at our disposal good habits adapted are more likely to stay.
- **Regular breaks:** If you are working from home, we understand it can be a new thing to catch on to. What might help you in keeping focus and having fun is to take regular short breaks from your screen and tasks and get involved in an activity you like. You can eat a healthy snack, relax for some time, watch a fun video or meditate to keep your energy up!
- **Pamper yourself:** All the self-care and self-love tricks and tips you have been exhausting google with have got the right time to be executed. Go the extra mile to indulge in loving yourself. Take a shot at new wellness and healthy regimes and grab on to what suits you!
- **Explore new interests:** Indulge in your imagination and the process of your thoughts to figure out what exactly your interest can be. Paying attention to your likings during times with fewer distractions is key to realize your potential. You can learn a new course online, join a virtual community that shares the same interests and will also help you in bringing your imagination to life. Go on and figure yourself too.
- **Reach out to others and support people around you:** Keeping in touch with your friends and family may ease the stress caused by COVID-19. Talking through your concerns and feelings may help you find ways of dealing with challenges. Boosting morale at the times of global distress is essential to cope!
- **Spend time to do little things you never got time to:** This comes as a perfect time to indulge in activities small yet gratifying. Use your imagination to create, watch the sunrise and appreciate the little things. Wish on the stars and envision a good future. Be committed to see a develop into a better version of yourself.

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