MENTAL HEALTH AND YOU

Maintain your mental wellbeing by practising self-restraint and using your time and technology judiciously

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As the Covid-19 pandemic doesn't seem to budge for the second consecutive year, countries have imposed renewed measures to curtail its spread. The devastation brought about by the pandemic — millions of deaths, economic strife and unprecedented curbs on social interaction — has had a marked effect on people's mental health.



Namita Piparaiya, a yoga and Ayurveda lifestyle specialist, says, "While we cannot avoid this stress, we can regulate our response and mitigate its impact. The first step is to acknowledge that this stress exists and that it's alright to feel overwhelmed or less productive."

"Being mindful is vital for us to break this cycle of negativity. Adequate sleep, stimulation of the mind and body, a balanced diet and plenty of hydration play a role in how our body responds to these stressors," says meditation expert Sahil Vij.

If you are feeling overwhelmed, you are not alone. Dr Chandni Tugnait, psychotherapist and founder and director - Gateway of Healing, feels, "The one question racing in almost everyone's head is,

"When is this going to end?". The uncertainty, along with the overdose of information and news, can be overwhelming and scary. Yet, we need to be more aware and responsible."

Much like Luke Coutinho, holistic lifestyle coach, many believe that to keep mental anxiety and stress at bay you need to stop letting news, social media, gossip, complaints and blames get the better of you. Be informed about what's happening around you, but don't scrutinise the trends, numbers and statistics at this point. When in doubt, you should resort to:

SET BOUNDARIES

“Mark your boundaries and disconnect yourself from social media. Although it’s good to be aware, don’t let it consume you. Fix a time — say 15 minutes — and don’t spend more than the allotted time surfing about the chaos around you,” says Arouba Kabir, mental health counsellor and founder of Enso Wellness.

STAY CONNECTED VIRTUALLY

“Be each other’s support system by talking to your loved ones. It is beneficial as it makes you and them happy and mentally better equipped to fight this pandemic,” adds Kabir.

BE MINDFUL

Apart from staying physically fit through yoga and meditation, get exposure to fresh air, prioritise self-care, boost immunity through nutritional meals and catch up on quality sleep. It helps replenish our mental energy,” says Kanchan Rai, mental and emotional wellbeing coach and founder - Let Us Talk.

EXPERTS SUGGEST THAT YOU CAN KEEP PANDEMIC BLUES AT BAY BY INDULGING IN SELF CARE, SPENDING MORE TIME WITH LOVED ONES AND MONITORING YOUR SOCIAL MEDIA USAGE

MAKE A SCHEDULE

“Maintaining a routine is key at the moment, whether it’s work, workout, household chores, hobbies or fun activities,” says Shahzeen Shivdasani, relationship expert and author.