

Coping with Corona

As everything becomes more unsure, being upbeat and hopeful is proving to be quite the task. With no guarantee of what is to come, a sound mind is a topmost priority.

To stay mentally balanced, here are some things to keep in mind.

THE ANXIETY

It is normal to feel anxious, sad, or even scared. Understanding that this anxiety is not the enemy and is probably what is keeping everyone from going out makes isolation worthwhile. Despite that, anxiety should not cloud our rationality and overshadow any positivity. After all, no amount of anxiety can change the present or future.

A HEALTHY ROUTINE

With daily routines disrupted, many of us are left directionless and with too much free time. A daily schedule with fixed times for meals, naps, recreation, work and study, is bound to retain some structure of a normal life with the added advantage of tweaking to stave off any monotony.

DISTRACTIONS

Boredom and frustration pile on easily



and can be mentally burdening. Keeping busy and checking boxes on a daily checklist helps keep a sense of purpose and

competence.

Learning something new, organising the closet, redecorating, cleaning — why not make a list of things to accomplish?

TIME TO REFLECT

Instead of stressing over postponed plans, take this time to reflect on how you see yourself and where you want your life to be headed. Now is a good time to meditate and grow intellectually and emotionally.

CONNECT WITH YOURSELF

Being in sync with your feelings is a step towards mental clarity. The only way to breathe freely and overcome anxiety and sadness is to see it through instead of trying to ignore it.

INFORMED, NOT OVERWHELMED

It is easy to descend into panic by being

immersed in the news 24/7. If being informed makes you upset, switch off the television and take a break from social media.

REACH OUT

Rather than being with yourself all day, talk to friends and family. Reaching out through social media or a short phone call to check up on them will help lift the feeling of isolation.

BE KIND TO YOURSELF

If being productive during the quarantine is more stressful than fun, there is no reason to weigh yourself down. Just because there is time, it does not mean laziness is sinful. Doing what fills your heart with contentment only equals a happier and healthier you.

REMEMBER WHY YOU ARE DOING THIS

The precautions might seem futile at times. Temptations grow to go out and breathe fresh air. In such moments, remind yourself the importance of your isolation. Every hour spent indoors contributes to building the safer society we all want to walk into after the pandemic.

The mind grows cloudier, and being inwardly content is steadily becoming more of a challenge. Taking some time every day to be mentally poised should be on top of the priority list along with loving yourself and those around you.

By Puja Sarkar

Photo: Collected



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