

What can I do for emotional wellbeing during the COVID-19 LockDown?



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The pandemic of COVID-19 infection has brought with it a flood of information to a device near you. Opinions are flying. The main intervention is Stay At Home. Some people are happy to do that, some are relieved.

But staying at home can be a trigger for people, especially those who have had a mental health issue (that's about 20% of the population). Circumstances vary, but everyone faces some worry and fears. Here are some tips to cope with it!

Routines are invaluable!

We have followed timetables since we were kids (sometimes faithfully, sometimes not!). Getting up at a regular time (could be a little later than usual), bathing, having regular meals, should all be done at more or less a fixed time. It is very easy to slip without a routine.

Productive distraction help.

Engage your mind and body. It's a great way to keep unwanted thoughts at bay. We all have our "To Do (Later)" lists. It could be something from work or around the house. Don't get overwhelmed thinking about all the things that you "need" to do. Break it into

small parts. Start cleaning a shelf, it could lead to tidying the whole cupboard. Start small, grow tall (ok, bad rhyme)! Start with something that you enjoy and work your way to the less fun stuff (for me it's all the financial paper sorting and filing).

Pamper yourself!

Eating something nice (at home only, please!), watching a streaming television series you wanted to or trying the new unused pedicure kit are all great ways to make yourself feel good. Ladies, you could train your partner to apply nail paint!

Exercise

It's the thing that everyone loves to talk about it but only a few do! 20 minutes of simple home exercise or a brisk walk (alone) will help. Couple it with your favorite dance tracks and let the endorphins flow! You could cool down with some calm breathing exercises while imagining a favorite place.

Challenge your thoughts.

For people with severe anxiety disorders or other long-standing mental illnesses, it's worthwhile challenging the thoughts that are disturbing you. The thoughts are often irrational. Use more logical thought processes like saying 'I will try and be resilient in these times' or 'This will pass if I am calmer'.

Therapy

At times, we are not able to heal or self-soothe. In these times, we can speak to online counselors for verbal interactions and soothing words from an expert often help us in calming down.

Medication

If the above don't bring adequate relief, it's worthwhile looking at medications or starting a course for the symptoms to help tide over this situation better. Medications are now available with an online prescription.

