



A healthy world begins with a healthy woman

## Taking care of your emotional well-being during the Corona pandemic

A guide for community members

April, 2020



*This situation may elicit many responses. All of these are natural and justified.*

Worry about you and your loved one's well-being

Uncertainty about the immediate and distant future

Feeling isolated because of social distancing

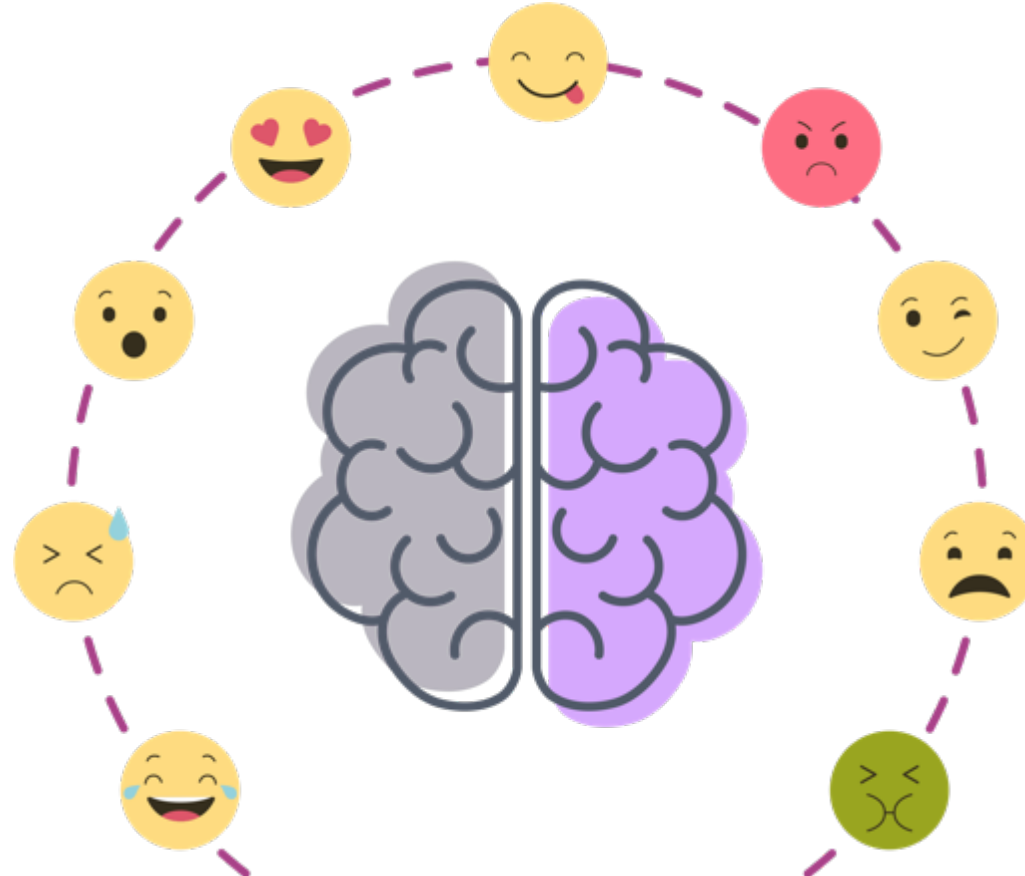
Frustration at having to deal with this situation

Feelings of boredom and meaninglessness

Panic and fear for survival

Feeling trapped or stuck

Anger and irritability



Feeling helpless with many factors being out of control

Hopelessness

Reduced motivation and energy

Low mood

## Preventing panic – Access limited and accurate information



Access **information only from trusted sources**

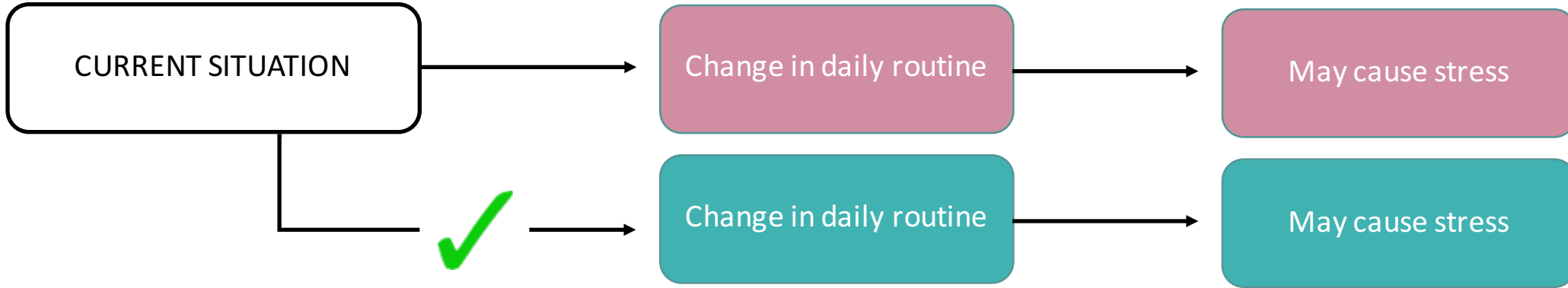
<https://www.mohfw.gov.in/>

<http://stopcoronavirus.mcgm.gov.in/>

**(MCGM Helpline: 1916/National Helpline : 1075)**

- **Do not believe in any other information** via WhatsApp, Facebook, from your neighbours, etc.
- **Try and remind yourself** that all emergency services and supplies will be available soon. Panic will not make access easier.
- Have a **‘No Corona news’ time in the day** - do not access any news about the current situation during that time and actively talk about other things

# Practising general emotional hygiene



## WAYS TO PROTECT EMOTIONAL WELL-BEING



Eating



Drinking



Sleeping



Limited exercise

## TRY TO DO THESE THINGS AT HOME



Play games



Teach each other different skills



Add something new to routine



Meditation



Sit and breathe slowly for 10 mins



Allot specific time to regularly call your loved ones



## UNHELPFUL THOUGHTS

- ✗ I am stuck at home.
- ✗ I won't get corona. People are just overreacting and there is no need for social distancing.
- ✗ What if I or my loved ones get the illness?



## HELPFUL THOUGHTS

- ✓ I am safe from the virus at home.
- ✓ Anyone can be infected or transmit the infection to others. By obeying guidelines and practising social distancing, I can help to keep myself and everyone else safer.
- ✓ Our healthcare system is working around the clock to help those infected recover.

# Helpful and Unhelpful thoughts



## UNHELPFUL THOUGHTS

- ✗ Everything is shutting down. What if I don't get what I need?
- ✗ Who knows how long this will last? Things are always going to stay this way.
- ✗ There is so much uncertainty about the future. It is making me feel vulnerable.



## HELPFUL THOUGHTS

- ✓ Officials are trying to ensure that emergency services and essential supplies are available
- ✓ The best doctors and officials are working on this and it is likely to be controlled. Meanwhile I can focus on what I can do right now.
- ✓ This is a difficult time for all of us. The future cannot be predicted at this point of time by anyone. I can focus on what is in my control right now.



## UNHELPFUL STRATEGIES

- ✗ Constantly checking the news for updates
- ✗ Running to many grocery shops or hoarding items
- ✗ Sitting and doing nothing
- ✗ Ignoring the guidelines and going out
- ✗ Doing all chores at home alone
- ✗ Emotionally isolating from loved ones
- ✗ Talking about the situation with others all the time



## HELPFUL STRATEGIES

- ✓ Trying to keep oneself busy
- ✓ Staying home
- ✓ Keeping in touch with loved ones on the phone
- ✓ Learning something new
- ✓ Relaxation exercises
- ✓ Spending time together with family
- ✓ Using prayer and keeping faith (if you are religious)
- ✓ Doing 'fun' things like listening to music, watching shows on the television, cooking something new, etc.
- ✓ Wash your hands regularly and maintain physical distance

## *For women and children facing domestic abuse*



Being stuck with a family member who is abusive in a time of crisis is very challenging. If you feel trapped and helpless call SNEHA:

CRISIS HELPLINE: [98330 52684](tel:9833052684) / [91675 35765](tel:9167535765)

ONE-STOP CRISIS CENTRE AT KEM HOSPITAL: [022-24100511](tel:022-24100511)

- If phone services are not available, as far as possible do not respond to any provocation from the abuser.
- Practice diplomacy - remember that this is temporary till the larger crisis passes.



*For individuals who...*

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Have existing mental health conditions?

Feel suicidal?

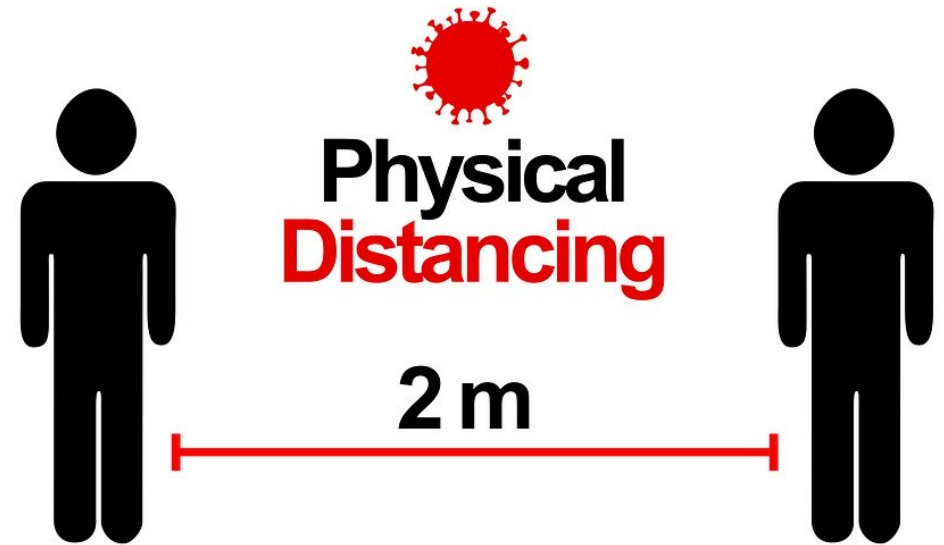
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*Don't forget to...*



Wash your hands for 20 seconds with soap and water



Maintain physical distance