

We are all in it together



Mental well-being during the pandemic

A year and half has gone by since the Covid pandemic overtook the entire world. Many people are losing hope, they are de-motivated and anxiety seems to be creeping into their lives. The zeal & excitement in their lives has been replaced by Anger, Despair, and Fear.

But there is a ray of hope. We are all together in this. All over the world, people stand in solidarity during this moment of suffering, pain, loss, and grief that people face, especially, for those who have lost their near and dear ones. We need to remind ourselves that in all this pain, God is there. He is sovereign and this too shall pass away.

One has to face this situation by trusting God and find ways to fight this battle. The foremost thing that we can do to begin is to understand what we are feeling? God has created us as emotional beings and therefore acknowledging how we are feeling during this pandemic will help us to find solutions to cope with the issues. Is it anger, frustration, hopelessness, grief, fear, and whatever the emotion may be, it is okay to feel that way. If you are feeling overwhelmed, you need to know that you're not alone in this; many of us are in the same boat. However, we need to realize that no matter how helpless and hopeless you may feel, there are steps you can take to deal with this situation and face the unknown with more confidence.

So the question arises, **where do we begin and what can we do?**

The following tips can help you to know where to begin and what to do:

First of all, identify and write down your feelings. It is crucial that we name the feeling and write it down and then seek ways to respond to them positively. By realizing our innermost deep feelings, we long to be

heard, understood, have someone to care for, feel safe and protected. We long to be productive as before and have control over our lives, while being connected with friends and the community at large. Reach out to talk with someone.

Seek help. There is no harm in seeking help. Talk with parents, your school counsellor, or a trusted friend. Talking is one of the best ways of unburdening your feelings. It lightens you and you feel comforted to know that someone is there with whom you can share. Talking helps in getting some perspective and objective in how we are viewing the issue that we are facing.

Go back to the basics. Start with small things. Begin the day with a schedule in mind. Start the day with prayer, spending time with God, and later doing some deep breathing exercise, enjoying a hot cup of tea. Small things of life can add great joy to our life. Awaking time and sleeping time will ensure that our body is well-rested. Don't forget to set boundaries for the work time.

One must continue to build our hope and develop a strong resilience.

It is hope that makes one look forward with anticipation, the joy of what tomorrow holds.

The resilience in us helps us to recover quickly from difficulties and makes us tough to face the future. Look towards the positive things of the present situation. In our grief, pain, loss God is still there and will always be there. So continue to look forward to each day with joy.

Learn to integrate our realities. While we continue to face the challenges, we must learn to cope with them. Many of us live in small houses with maybe one or two rooms. It is difficult to concentrate on our studies or work due to the unavoidable noises that come. Maybe the traffic or the whistle of the pressure cooker from the kitchen or someone talking in the background...the list is endless. Don't feel embarrassed about these. You cannot help this because your work and home have now merged. Instead, integrate this reality into the present situation.

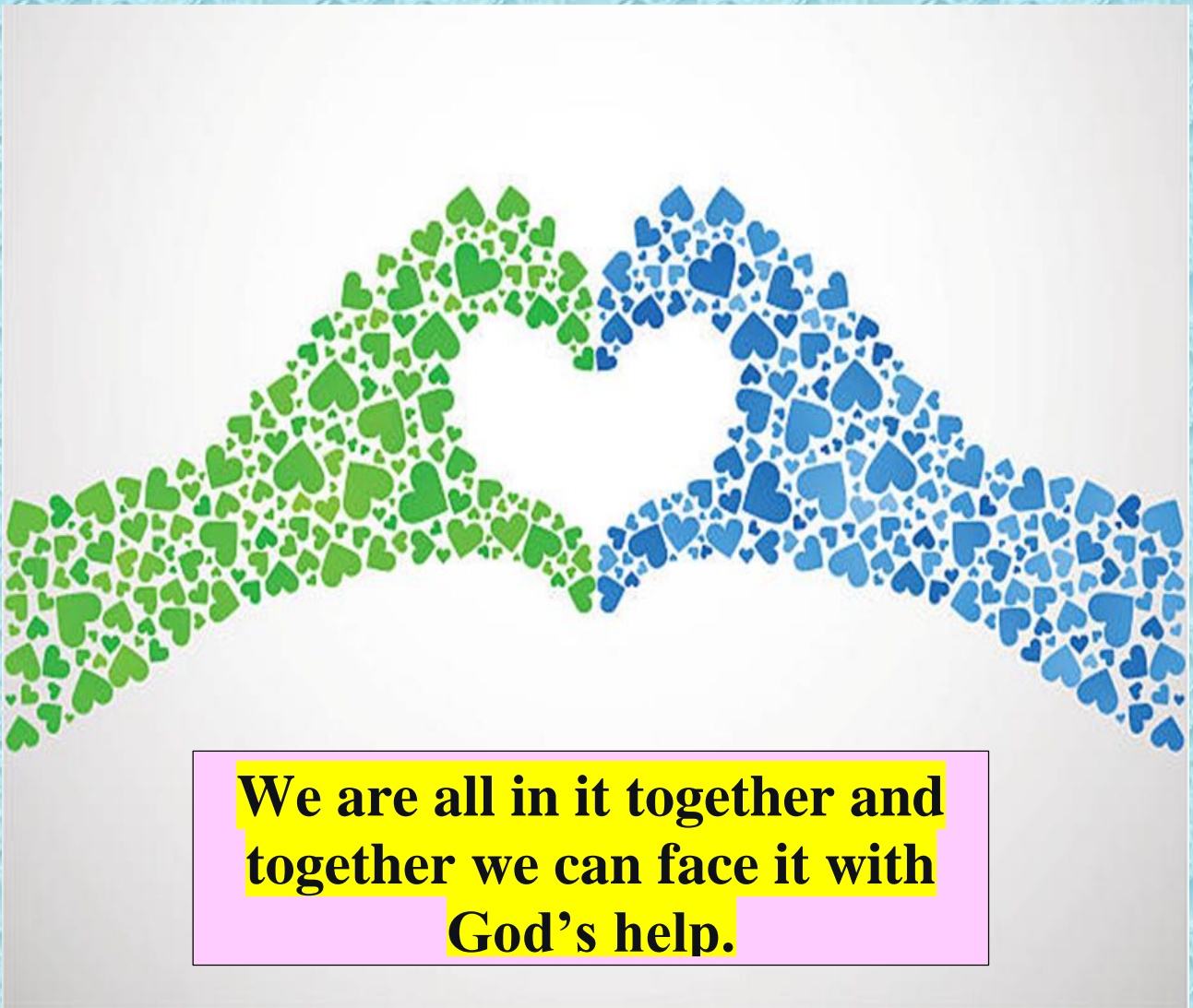
People all over the world have accepted the fact that work is being done from home. Many of us do not have the luxury of laptops, the latest smartphone, or a printer at home. But with all these limitations we have survived the last year and will continue to survive this year too. Be cheerful about this.

Be of help to others.

A lot of people are still struggling out in the community. Lack of food, money and feeling of uncertainty is the topmost need of people. Be sensitive and find out ways to help the larger community.

It is God-honouring to help people and share in their day-to-day lives.

Now is the time for all of us to extend global solidarity and support. Only together can we overcome the impacts of the pandemic and prevent it's over looming effect.



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together we can face it with
God's help.**

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