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# MENTAL & EMOTIONAL WELL BEING IN THE PANDEMIC

WHAT YOU FEED YOUR MIND MATTERS

by

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# Where do you stand?

## EMOTIONS: FEAR/ SADNESS

1. People suffered from Covid directly or indirectly and are feeling emotionally and mentally weak/ victimised.
2. Increase in responsibilities at work and home, leading to burn out and low motivation
3. Loss of job and/or loss of interest in any social or personal interaction.
4. Aversion to public places.
5. Over sanitizing and washing your hands at very short intervals, even without any major exposure.
6. Uncomfortable when people try to come close during conversations.
7. Reduction in lifestyle or living standards, gone down.
8. Constantly feeling agitated with people and their negative mind set around.
9. Individuals, kids, young adults, senior citizen suffering from somatic issues like diabetes, heart, kidney, liver issues leading to psychosomatic ailments like hypochondriasis and anxiety further leading to insomnia, loss of appetite, overeating, gastric issues, constipation, palpitations and more.
10. People suppressing their emotions, developing Schizoid, schizotypal, dependent – avoidant personality disorder.



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## EMOTIONS: ANGER/ IRRITABILITY

11. Feeling judged or entitled
12. Disconnection with one's own thoughts and the ways of the world.
13. Mostly in a state of anger or rage due to other people's behaviour.
14. You may have become intolerant to sudden sounds or noise.
15. Constantly feel the need of sharing your opinion with people around; though it may not resonate to other people's way of life, situation or experiences.
16. Trying to create panic with no data supporting it by manipulating / exaggerating facts.

17. Feeling others are violating the norms; being anxious and blaming others.
18. Constantly blaming others for all problems.
19. Use of Power to bully and control people around you.
20. Unable to disconnect from the telegram / whatsapp to focus on your work.
21. Developing Narcissistic, Histrionic, Anti-social and borderline, OCD personality disorders.
22. Constantly showing anger to your loved ones and the fragile section of society eg: children
23. Bullying the weaker section eg Adult bullying kids.
24. Naming and shaming instead of peacefully resolving the issue.
25. Discouraging people who take initiatives and support community living.

If you are able to connect with 5 or more concerns, its time you connect with a psychologist. They will help you realign your emotions and energy in a constructive manner. You cannot change the world , but definitely create a healthy world within.



## HOW TO FOCUS ON YOUR CONDUCT AND YOUR LIFE INSTEAD.

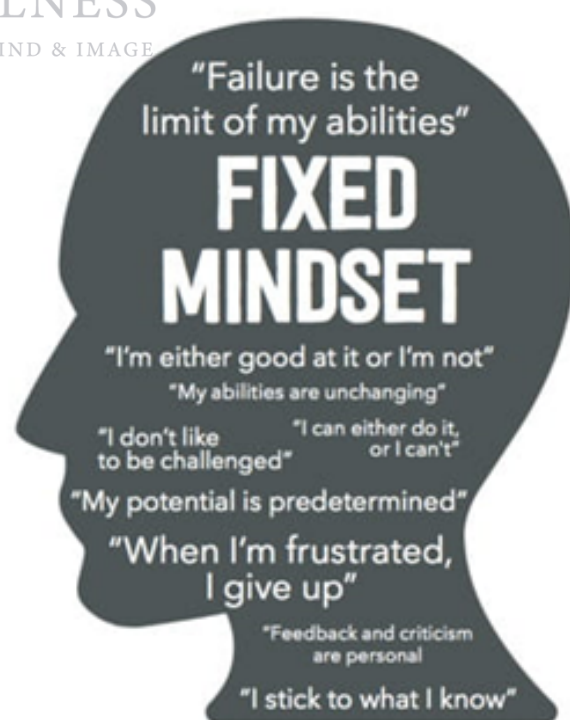
When you feel yourself getting caught up in fear of what might happen, due to others action. Try to shift your focus to things you can control:

1. Choose your battles
2. Focus on what is in your control
3. Don't step on other people's toe – Respect cultural , intellectual , social and experiential boundaries
4. Live and let live – we can coexist with difference of opinion.
5. Be kind – non judgemental to your self and others around you.
6. If people break rules, guide them, request them, or inform to the right authorities (ERT/ AMC), naming shaming should be the last resort.
7. Create culture of respect and dignity in your community, focus your energy on your work, family, life and self-growth.
8. Ensure daily exercise in the form of yoga, walks, jogging, zumba, dance for at least 30 to 60 mins .

- 9.Ensure sitting out in the nature or sun to get enough dopamine and serotonin.
- 10.If some people want door delivery or domestic helps/ nanny etc- don't judge them. More than Covid, the weight of your judgement and thoughts will decrease your health.
- 11.Let decision on Covid norms be based on the official guidelines and special situations.
- 12.If you have tried to be respectful and people still violate your boundaries – disconnect from them respectfully. As one may respond from their level of understanding / experience, and it may not align with yours.
- 13.If you are not winning the discussion, it's ok to let go gracefully. It doesn't make you a weak person.
- 14.If your boundaries are violated due to personal vengeance, you can proceed to the red flag.
- 15.If we cannot bring a change, focus on your conduct and life instead of complaining
- 16.If you wish your ideas to be respected, then any discussion on disagreement should be conducted with respect.
- 17.Shift your mind towards solution / instead of making the problem big. Remember we create the society we live in with our thoughts, words, actions and deeds.
- 18.Life will always have examples of exception – if you don't fall in that- don't be insecure of the one who got lucky.
- 19.All negative emotions like stress, insecurity, jealousy, irritation invoke cortisol – leading to many other physical and mental issues



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Let's learn to coexist and not step on each other's toe. Learning to live with cultural, intellectual, experiential diversity will create a healthy environment for us and our kids. The people managing the show are trying to create a balance with government guidelines - one can be patient and let them function.

Leadership must rise and make guidelines above their prejudice and think from all aspects / issues, challenges faced by the community.

Remember no disease is bigger than the disease of judgement, negative mindset, which is not letting you and others grow around you.

## CONNECT WITH US



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LIVE AND LET LIVE