

Realigning Minds and Mental Health Resilience during Covid-19

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The ongoing pandemic Covid-19 is impacting lives of millions of people daily by mental health conditions. The current unprecedented situation demands to highlight mental issues more often and find solutions to deal with stress, anger, setting boundaries in and out of the workplace. A mandatory exhaustive list should provide solutions of how and where one can get mental health counseling probably through free E- mental health counselling, health insurances or personal at home and workplaces. A commitment towards building our understanding of mental illness, increasing access to treatment and ensuring support to those who are struggling to know they are not alone is required.

Several recent studies have been alarming showing poor mental health in people of all ages suffering from anxiety, depression and poor sleep patterns during Covid-19. With closed schools, limited income, unemployment, restricted mobility and mounting bills of health care expenses, the purpose should be to raise awareness and educate the public about: mental illnesses (conditions like depression, anxiety, bipolar disorder and schizophrenia); the realities of living with these conditions; and strategies for attaining mental health and wellness. It's important to draw attention to suicide, which can be precipitated by some mental illnesses specially during pandemic situation. One need to reduce the stigma that surrounds mental illnesses.

During the coronavirus recession, the division of labor at homes specially in the developing world are placing women under emotional troll. The burden to keep children focused, do household work and help in earning extra is exacerbated by lack of mobility. It is important not to overlook women mental health in such a crisis just because one is not talking about it.

Restlessness and increasing aggression in kids, endless screen time and failure to adapt to existing crisis are reason for their distress and anxiety caused in a current setting. Be mindful what they

watch, listen to their concerns, show your compassion and support, engaging them in indoor activities could boost their morals and spirits to cope. It is important not to lose cool and create a panic state in front of kids. Educate yourself and your kids well to manage the physical, emotional, and mental well-being of children and other family members. It is important that we build positive relationships and provide timely support. Getting connected with the community by volunteering activity to support mental well-being could make every day meaningful in such a crisis. Staying in isolation could be fatal, talk more often with people you trust and seeking help can do wonders.

Stay strong, let's live to the fullest even in crisis like covid-19 and let's talk about mental health every day. Listen to stories and share your stories to enjoy companies of people experiencing mental health issues. Just remember, prevention works, treatments are effective, and people can recover from mental disorders and illnesses to live full and productive lives.

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