How can one control 'mental phantoms' building up in mind

IM ANXIETY, DEPRESSION TO LONELINESS, WHILE CHILDREN AND ADULTS STRUGGLE, HERE ARE WAYS FOR SELF CARE

e all build men- inary situation that builds of 'what if thoughts-an imag- times.

tal phantoms in fear in our mind, communicates with our body in a negsays contempo- ative way, leading to further rary spiritual teacher Eck- ramifications. Psychiatrist hart Tole, famously known Sameer Malhotra gives a for his best-seller. The Pow-guideline on how one can er of Now', and the resolu- take care of one's well being tion he sees is in getting rid during these uncertain

HOW CAN ONE MEND RELATIONSHIPS DURING LOCKDOWN/ POST LOCKDOWN

couple of factors - see- about future etc-have led to redomestic chores uncertainty ments among couples.

atric advice

ing too much of each lationship issues. This has other, not having a manifested in the form of structured routine inability heated arguments, interferto step out for relaxation and ence pagging behaviour hosbeing cooped-up with work, tile comments, passing judge-

HERE ARE A FEW WAYS YOU CAN MEND YOUR BROKEN FRIEND-SHIP/ RELATIONSHIP WITH YOUR PARTNER.

Be in harmony with your own self first, then you will be in harmony with your partner. Drop your 'me attitude' and adopt a 'we attitude'.

Respect the four pillars of a relationship:

- Communication, Trust, Empathy and Respect Prioritise your needs by keeping a flexible schedule,
- juggling between family time and work time Ensure responsibilities between partners are shared.
- During lockdown, there is an increase in substance abuse, be it alcohol, drugs or cigarettes. This is a form of maladaptive coping mechanism and should be addressed through building motivation to guit and seeking psychi-

Keep your body language positive while communicating with partner and do not include in stonewalling. If one of the partners, however, is showing signs of personality disorder, abusive behaviour, substance abuse, projecting suicidal thoughts significant changes in behavjour, mood, appetite or sleep, then consult a psychiatrist for timely recognition, rectification and treatment.



HOW CAN YOU DEAL WITH GRIEF OF LOSING A FAMILY MEM-BER AND GUILT OF NOT BEING ABLE TO EXTEND SUPPORT

If feeling quilty, tutor your mind to process that the situation was beyond your control. Accept the fact that the pandemic hit the world and you did the best you could for your loved one. One of the ways to live with a

ASK THE EXPERT

loss is by rememhering positive aspects of the departed person.

Think of the happy memories and talk to your friends about good time shared with the person. If you have kids, tell them that the departed person is living through you and them. In a sensitive way, explain to kids how genetically you are connected. and therefore, will never be disconnected with the a departed person. Rituals help in some amount of healing process. If you are a relative of the departed, refrain from asking inquisitive questions about the nature of death and be sensitive.

Psychiatrist Dr Sameer Malhotra talks to Malini Menon on how one can deal with Covidrelated brain fog



'HEALING TOGETHER: FOCUS ON POPULATION. NOT INDIVIDUAL'

- Individuals are not in any real sense demic is real and healing occurs in the context of family, friends, and community,
- Effective rehabilitation methods for persons who survived Covid and those suffering from nost Covid social and other traumatic events including loss of loved ones to being children who were separated from the parent due to guarantine and their complications needs to address the problems posed by various potential events.
- The post Covid rehabilitation planning continuum is broad in scope and must address collaboration across agencies and organisations. advance preparations, and needs assessments. recovery and rebuilding efforts.
- Failure to provide these services definitely 4 will show higher distress, disabilities, and lack of social well-being. Local community sunport in coordination with Government functionaries need to reach each and every family by providing with appropriate services. It is very important to focus on population than individuals to create a supportive and a resilient community. -Dr K Sekar, professor and head in the Centre for PSS in Disaster Management at NIMHANS

