

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

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

We all build mental phantoms in our minds," says contemporary spiritual teacher Eckhart Tolle, famously known for his best-seller, 'The Power of Now', and the resolution he sees is in getting rid of 'what if' thoughts-an imag-

inary situation that builds fear in our mind, communicates with our body in a negative way, leading to further ramifications. Psychiatrist Sameer Malhotra gives a guideline on how one can take care of one's well being during these uncertain times.

HOW CAN ONE MEND RELATIONSHIPS DURING LOCKDOWN/ POST LOCKDOWN

A couple of factors - seeing too much of each other, not having a structured routine, inability to step out for relaxation and being cooped-up with work, domestic chores, uncertainty

about future etc have led to relationship issues. This has manifested in the form of heated arguments, interference, nagging behaviour, hostile comments, passing judgements among couples.



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

■ If feeling guilty, 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 loss is by remembering 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 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.

ASK THE EXPERT
A SHOT OF HOPE



**Psychiatrist
Dr Sameer Malhotra**
talks to Malini
Menon on how one
can deal with Covid-
related brain fog



'HEALING TOGETHER: FOCUS ON POPULATION, NOT INDIVIDUAL'

1 Individuals are not in any real sense autonomous, their loneliness during the pandemic is real and healing occurs in the context of family, friends, and community.

2 Effective rehabilitation methods for persons who survived Covid and those suffering from post Covid social and other traumatic events including loss of loved ones to being children who were separated from the parent due to quarantine and their complications needs to address the problems posed by various potential events.

3 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.

4 Failure to provide these services definitely will show higher distress, disabilities, and lack of social well-being. Local community support in coordination with Government functionalities 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

