MIND OVER PANDEMIC

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The transition from today’s new normal has created a serious psychological impact. Your “state or mind or frame of mind” is the way you are feeling about life or a situation at the moment, while a problem that is all in the/your mind is something you are imagining, or not something that is real.

The coping mechanisms and adjustment period varies from one individual to another. During this time, how can we look after our well-being while staying at home? The following diversions might help:

1. Direct your energy towards something creative. Creativity is an expression of one’s inner feelings and desires. Baking, cooking, arts and crafts are just few to mention. Creative outputs at this time would also provide you monetary rewards.

2. Stay occupied. Your hobbies and routines should never be crossed-out on the checklist of your daily schedule. Read a good book, watch a series or movie in Netflix, attend online trainings and webinars, and cleaning and re-organizing your home; in doing these, frustrations won’t dwell in your mind.

3. Since physical distancing is a now health protocol, stay socially connected. This will brush off boredom and reduces the feeling of isolation. Communicate with your family and friends utilizing all possible tools. Talking to others and encouraging them to share their thoughts on this same situation we are all going through, can provide a sense of empowerment.
4. Limit your digital media engagement. Be vigilant by relying on reliable and legitimate sources. Think, before you click. Maintain self-privacy. What’s on your mind doesn’t have to digitally expressed hourly.

5. Your health matters. Stay hydrated, eat fruits and veggies, and exercise daily. Staying healthy is a must to fight the covid-19 virus.

6. You are worthy of support. Most of us denied the fact that we need help. Acceptance is all we need to be able to open up to people whom we trust when it comes to our concerns and emotions. It may be hard to believe but, you, too has great things to offer!

Just because we cannot personally interact with people nowadays doesn’t mean that we have to be isolated. It’s normal to feel uneasy, but we can process this rare experience and emerge as resilient as we battle this crisis. We may not always control what happens, but we can control how we act and react. Feed your mind with positive thoughts, and the life you live will reflect it.

References:

https://dictionaryblog.cambridge.org/2019/06/05/its-all-in-the-mind-phrases-with-mind/#:~:text=Your%20state%20of%20mind%20or,were%20all%20in%20his%20mind.