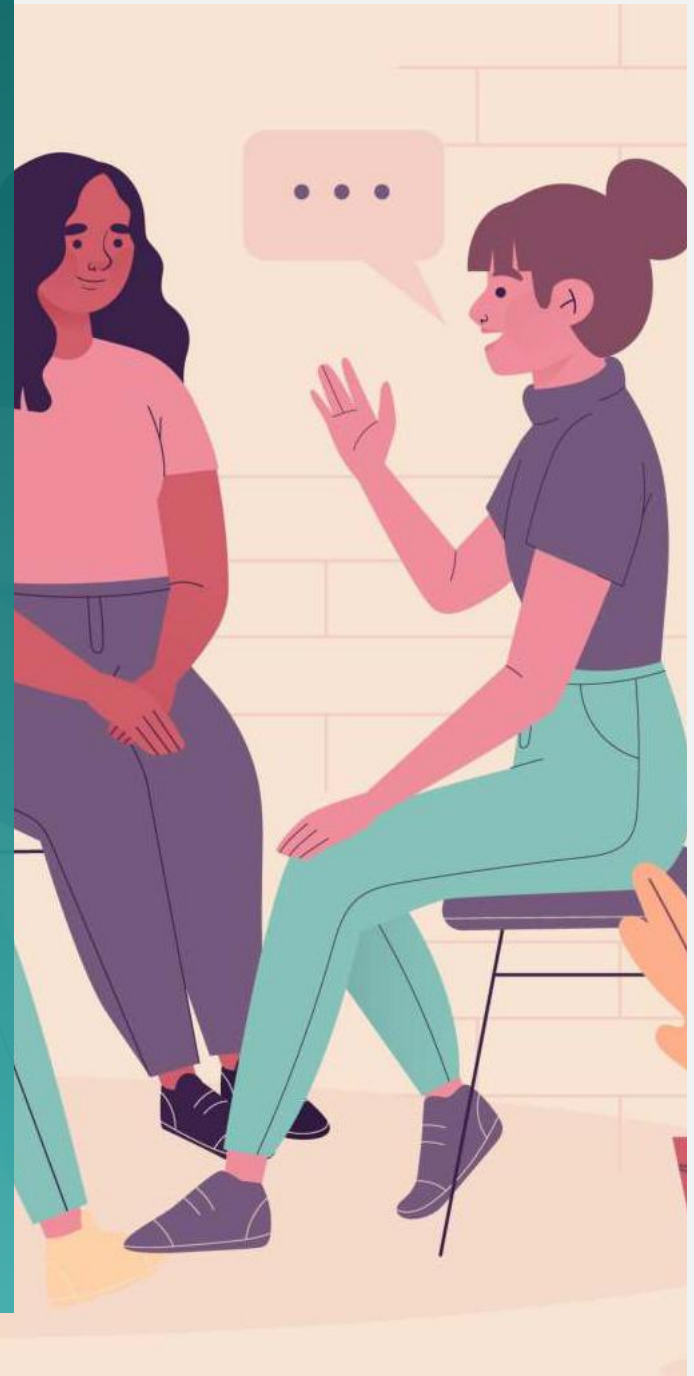


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#JUNE 2021



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▶ GLIMPSE

70 plus students have attended the 'Candid-talks' initiative so far and have expressed their encouraging feedback about it. Read what they have to say about it:

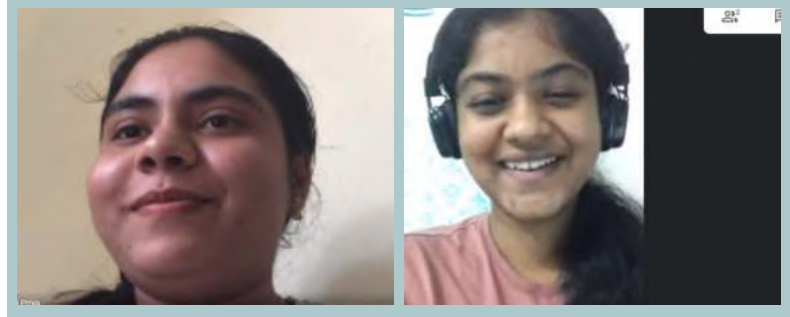
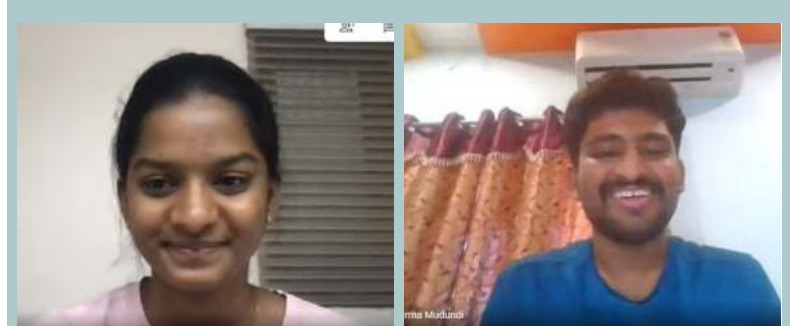
"Truly a great initiative! I feel more confident knowing that there's a place I can come to when I'm not feeling so good :)"

"I am feeling so good with this kind of initiative. This is what everyone of us need right now. A person who gives time to share our problems is equal to a medicine."

"The way the counsellor interacted is very appreciative as she listened to our problems and shared her ideas to overcome them based on her own experiences. It feels like talking to someone who knows us very well from a long time."

"It was a good initiative by Woxsen University. I hope these sessions continue so one gets an opportunity to discuss about the issues they've been facing and find the right solution from experts. It really help a student with all the academic and social/peer pressure."

"This is a very positive way to help students deal with themselves and have a better understanding about themselves. Helpful and essential in this age where stress and workload always try to surround us. Thank you."





For more than a year, the world is ravaged by a tiny little virus. Our world has turned upside down in the most unimaginable way and we are a part of a major historical event that we did not wish to be part of. For more than a year we are constantly navigating through unprecedented times. Many families have been affected globally due to illness, lockdown, restrictions in social gatherings, loss of jobs and death of close ones. Many of us are living in constant fear and stress due to this pandemic. It is not a surprise that the pandemic has taken a huge toll on our emotional and mental health apart from the physical health. World Health Organization has expressed concern as it predicts the hit of mental health pandemic after the COVID-19 pandemic. It is natural to feel overwhelmed, stressed, or anxious given the magnitude of this life-threatening situation. So, how do we take care of our mental health in these testing times?

- Have your own wellness toolkit and incorporate all the positive coping mechanisms to deal with the pandemic. For example, nurturing a hobby, gardening, cooking, listening to music, painting, sketching, doing yoga or meditation, writing a diary, talking with your loved ones and soon
- Focus on how you can provide your help and support to the vulnerable groups in need

- Have a daily schedule that will give you some sense of control over the situation
- Do not feed your mind with too much information related to COVID
- Take a break from watching negative news, reading about it, or posting it on social media
- Spend as much time as possible with your close ones. Connect with them virtually if they are not physically present
- Take proper care of your physical health. Eat healthy and exercise daily
- Connect with a mental health professional if you are feeling extremely anxious or distressed

This pandemic has brought a lot of subjective changes in human beings with invaluable lessons learned during such a crisis. We may not be able to control what's happening outside, but we can mindfully take steps to take care of ourselves and our loved ones. Remember, this too shall pass like all the other pandemics that the world has witnessed previously. Keep your hope alive, as hope is a small rebellion against this deadly disease. Next time you doubt yourself or think that you are too small to bring any change, think of this small virus, which is invisible to the naked eye, has brought the whole world to its knees.

SHAHNAZ RAHMAN
PSYCHOLOGY COUNSELLOR,
STUDENT WELLNESS CELL- WOXSSEN UNIVERSITY

▶ DID YOU KNOW?



A 102-year-old woman named Mildred Geraldine “Gerri” Schappals, survived the 1918 Spanish Flu pandemic, two types of cancer and has also beat the coronavirus not once but twice. She is said to have a humorous and laughable aspect of anything stressful. Her zest to stay alive, positive attitude and her belief that no matter how dark things are, there are still some little lights has helped her to survive tough times.

#JOIN (THE CAUSE) JUNE #MONTHLY WELLNESS CHALLENGE

This June, join the cause of breaking the chain of COVID-19 and stop the third wave in our country. Always maintain COVID-19 appropriate safety measures and make your and other's well-being a priority.

- ✓ Be at home and avoid any unnecessary outing
 - ✓ Frequently wash hands with soap and sanitize your surroundings
 - ✓ Wear double masks: One surgical and a cloth mask on top of it
 - ✓ Maintain a minimum of 6 feet distance from others
-

If you have beat the coronavirus, share your inspiring story with us. Tell us about your recovery journey and how did you overcome it.

Last date to send articles: 19th June 2021



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