

SIDHO-KANHO-BIRSHA UNIVERSITY, PURULIA



**AN INITIATIVE BY PSYCHOTHERAPY AND COUNSELLING UNIT, A
UNIT OF DEPARTMENT OF PSYCHOLOGY DURING LOCKDOWN
FOR ALL THE STAKEHOLDERS OF THE UNIVERSITY AND OTHERS**

PSYCHOLOGICAL COUNSELLING IN THE ADVENT OF CORONA OUTBREAK

Dear All,

As COVID-19 pandemic and its across-the-board implications continue to unfurl globally and in our community, it's common for people to experience wide range of thought, feelings and frequent reactions causing stress, anxiety and sadness.

As per the direction of honorable Vice Chancellor, SKBU, Counseling and psychotherapy unit of the Department of Psychology has taken an initiative to provide support for all the students, teaching and non-teaching staff of SKBU in such difficult and uncertain times.

We are available to provide psychological services w.e.f. 28/03/2020 for those who are facing overwhelming distress, anxiety or any other issues during this time. Anyone can mail us at SKBUPCS@gmail.com or leave messages, in the following email id or given phone numbers with Aadhar card or University ID card with Full name, affiliation, designation, phone no. and email and your problems. Your identity will be kept confidential.

Details for Contact:

Sl No.	Consultants	Mobile & Whatsapp No. (with Availability)	Languages Preferred
1.	Tapolagna Das Assistant Professor	8296829506 (Whatsapp) / 8910304349 (Time: 4p.m. – 10 p.m.)	Bengali, English, Hindi
2.	Dr. Shabana Azmi Assistant Professor	7277774324 (Whatsapp) / 7979992961 (Time: 10 a.m. – 6 p.m.)	English, Hindi
3.	PunamJyoti Mondal Assistant Professor	7044548384 (Whatsapp) / 9674584693 (Time: 4 p.m. – 10 p.m.)	Bengali, English, Hindi

KNOW THE DIESEASE: OVERVIEW, SYMPTOMS & PREVENTION (W.H.O.)

WHAT IS CORONA VIRUS?

Corona virus disease (COVID-19) is an infectious disease caused by a newly discovered corona virus. Most people infected with the COVID-19 virus will experience mild to moderate respiratory illness and recover without requiring special treatment. Older people and those with underlying medical problems like cardiovascular disease, diabetes, chronic respiratory disease, and cancer are more likely to develop serious illness.

SYMPTOMS OF CORONA VIRUS DIESEASE:

<u>Common symptoms include:</u>	<u>Other symptoms include:</u>
<ul style="list-style-type: none">• fever• tiredness• dry cough.	<ul style="list-style-type: none">• shortness of breath• aches and pains• sore throat• and very few people will report diarrhoea, nausea or a runny nose.

PREVENTION:

TO PREVENT INFECTION AND LOWERING THE TRANSMISSION AND VIRAL LOAD OF COVID-19, WHO SUGGEST THE FOLLOWING PREVENTIVE MEASURES.

- **Wash your hands frequently** with an alcohol-based hand rub or wash them with soap and water to kills viruses that may be on your hands.
- **Maintain at least 1 meter (3 feet) distance between yourself and anyone** who is coughing or sneezing.
- **Avoid touching eyes, nose and mouth**

- **Practice respiratory hygiene.** This means covering your mouth and nose with your bent elbow or tissue when you cough or sneeze.
- **If you have fever, cough and difficulty breathing, seek medical care early.**
- **Stays informed and follow advice given by your healthcare provider.**

**DURING THIS DIFFICULT TIME IT'S IMPORTANT TO LOOK
AFTER YOUR PHYSICAL & MENTAL HEALTH. IT'S
NORMAL TO FEEL STRESSED AND ANXIOUS DURING THIS
TIME OF CRISIS.....**

Since the first week of March, we were suspecting worsening of the conditions of outbreak of COVID-19 pandemic in India as well as in our state. We were confused regarding the continuation of our system, important academic and administrative activities all over the state. And all our confusion has ended with the announcement of Lockdown for the next 21 days. Now, we are completely isolated from other countries, even from the cities, localities and to a great extent from the society and home quarantined. We are also directed not to leave our place except few emergencies.

Such restrictions are extremely needed for controlling the further spread of the COVID-19 but might cause overwhelming psychological reactions to us. Isolation from near and dear ones, from friends who are close to us after our family, facing challenges for making our daily essential needs, some psychological issues might arrive in such circumstances. Home quarantine might cause depression and in the long run we may feel disappointed. So, apart from fighting to eradicate the spread of the virus as well as keeping up our wellbeing and quality of life intact, we have to maintain healthy lifestyle and must stay positive and optimistic.

HOW TO STAY PSYCHOLOGICALLY HEALTHY AND TO COPE WITH THE STRESS, ANXIETY AND DEPRESSION DURING ISOLATION?

W.H.O. Director addresses different ways to stay healthy with special mentioning of mental health in his speech recently.

He summarizes that, no one is out of danger and everyone is obliged to continue their duties from home. Irrespective of difficult circumstances, the cities and countries that have been able to push back the viruses are still giving hope and courage to the rest of the world.

TIP SHEET:

- 1. SUPPORT YOUR IMMUNE SYSTEM AND CATER INDIVIDUAL DIETARY NEEDS:** Eat home cooked fresh foods and hot liquids like tea, soup and warm water. Keep your food as light as possible. Maintain healthy habits such as daily exercising, maintaining sleep routine for 8-9 hours in a day, do breathing exercise & meditation and stay positive.
- 2. AVOID SMOKING AS WELL AS CONSUMPTION OF ANY KIND OF DRUGS:** This disease can be fatal for those who are susceptible to smoking.
- 3. ENGAGES IN PHYSICAL ACTIVITY:** Do exercise, use stairs, don't sit in the same position for a longer period of time, take short break between works.
- 4. TAKE NECESSARY PRECAUTIONS:** As discussed earlier, maintain periodic hygiene as directed in the guidelines of the respective authority (W.H.O., Central Govt., State Govt., discussion by experts in news channels and articles published in newspapers). Practice social distancing and self isolation.

5. **KEEP YOURSELF BUSY:** Continue day to day job related activities through online as much as feasible.
6. **DON'T TRUST IN FAKE NEWS AND RUMORS:** Only trust information provided by authentic sources. Keeping yourself updated regarding the outbreak condition; know the truth but don't create panic and don't transmit those to others unnecessarily.
7. **STAY CONNECTED:** Maintain digital communication with the close ones over phones, messages, and video-call. Keep talking regarding other things except the current scenarios. Be the support system for others too. Keep in mind that, the whole world is in the same trouble. Check on neighbors. In such difficult time, you can have the opportunity to renew and strengthen the faded bonding with the significant one.
8. **DISTRACT YOURSELF:** Engage in creative work such as painting, drawing, coloring, listening music, watching movies etc. Explore something new, like new cooking recipes, handicrafts, etc. Keep learning and maintaining your study, read a book, listen to a podcast, try out a new hobby or skill (play an instrument, learn a language, learn how to sew, gardening, renewing the old habit of making scrapbook with photographs etc.).
9. **STAY POSITIVE:** Overall stay positive as you can save the money for this time; you can give time to your children and elderly people of your family. All these positive thoughts will keep you distant from worries over difficult times.
10. **ACKNOWLEDGE YOUR FEELINGS:** Whatever you are feeling right now, know that it's okay to feel that way. Do meditation when you can't concentrate or focus on something.
11. **CONTRIBUTE:** Showing care towards friends, family, or vulnerable people in our community can be all the more important during times like this. It can foster a sense of hope, purpose, and meaning.

12. CONSULT WITH PROFESSIONALS: Last but not the least, if you really felt uncomfortable, and the moment is distressing for you, please contact with the professionals.

13. BE COMPASSIONATE: Compassion is a medicine during this difficult hour. Be compassionate for people who are not privileged like you, be compassionate for animals.

14. PRACTICING JOURNALING: It will help you to manage stress by focusing on gratitude and emotional processing.

COVID -1 9 have already taken so much from the world around. But it is also giving us the opportunity to come together; it is helping us to work together; learn together; and to grow together. Hope we all can overcome this soon....