

## Silent War

"What mental health needs is more sunlight, more candour and more unashamed conversation" - Glenn Close

Today, the world is fighting not only one of the biggest pandemics in history but also the social and psychological trauma it has brought with it. The wave of covid-19 has affected millions of lives across the globe. The Economic recession due to a world wide lockdown has resulted in multiple layoffs that has sadly affected the common and lesser privileged the most. However, there is no denying that this pandemic has compelled every one of us to go through bursts of strong emotions.

A few aren't allowed to see the one that they need most in situations like these while a few have lost their loved ones. A few aren't able to comfortably speak to their parents because of the stigma around mental health and a few just simply can't speak because everyone at home is busy dealing with their own set of problems. A few are drowning in their own thoughts while others have made diaries their best friends. Nevertheless, irrespective of who is going through what, the emotional setback is real and the anxiety is crippling.

As a college student, we have been through and are going through our own set of mental chaos. Can I go back to living my old life? Will I be able to cope up with the work and the studies I have? Will I get a good placement? Will I be myself ever again? With these questions circling our mind, the fear of facing the future is haunting us. The fear of facing our exams, the fear of not getting a job that pays well, the fear of losing our health, the fear of taking up responsibilities and the fear of supporting our family. All these thoughts have forced us to take impulsive decisions and truth be told, we all are struggling, silently.

Continuously surfing through internet and social media has made the emotional setback worse. Although people are expressing their talents and finding ways to earn through various social media platforms, most of us have been impacted negatively. It is time we all show some sensitivity and compassion towards each other. You never know how your words and actions are affecting someone.

But, if you are on the other side, going through a mental mayhem ; here are a few tips that might help -

1.Say yes to therapy, there is no shame in seeking professional help, it's completely normal.

Do what makes you happy, have a jolly good 'ME' time - cooking, cleaning, dancing, painting ; anything that makes you happy.Our bodies are meant for movement, thus, rather than being sedentary, force yourself to move. Periodical exercise and healthy diet has proved to help with stress and anxiety ..

4.Respect your body's circadian rhythm - start by getting into a routined sleep wake cycle.

5. Avoid food/beverages that may affect you mentally. Reduction in Caffeine has proved to help with anxiety.

6. Use the technology, talk to a far away friend.Journalise every single thought and emotion, don't try to reason with it just accept that you feel what you feel.

7. Practice gratitude - Write down 3 things you are grateful for, everyday. You can never be too grateful.

Everything aside, if you are reading this and have had a tough time recently, you should know that YOU GOT THIS and this too shall pass