

COPING WITH LIFE IN QUARANTINE DURING THE COVID-19 PANDEMIC

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The COVID-19 pandemic has dramatically changed and impacted the lives and routines of the IISc community. The steady routine of classes, lab meetings, and other face-to-face interactions have been moved online and most of us are not in our labs. This can be both upsetting and anxiety-provoking.

Constant change can provoke a range of emotions. Be patient and don't judge yourself. Some of you may be feeling scared for yourself and your families and completing your work with limited access to labs and libraries. That's okay- every day is an opportunity to begin again. All of your feelings are normal reactions to an unprecedented situation. Try to accept them as they come. Allowing yourself to process your feelings is an important step towards working through them.

The important thing is to pay attention to how you are feeling, and if your symptoms become too severe, reach out for help. There is no right or wrong way to deal with this stress. The strategies that will work for you may not work for others. It is important to try different things to see what is most helpful for you.

We have tried to suggest some mental and emotional wellness tips here. Please add more in the comments section as to what has worked for you.

1. Eat well and drink plenty of fluids.
2. Take breaks.
3. Take care of your body.
4. Create and follow a daily routine.
5. Limit news consumption to reliable sources.
6. Stay virtually connected with others.
7. Advocate for Mental Wellness.
8. Remember that you're not alone.
9. Meditate
10. Try Expressive Writing
11. Schedule some at-room workouts.
12. Rearrange/decorate your room

The technology we have at our fingertips today plays a crucial role in enabling us to remain socially together despite the need to stay physically apart. Managing your mental health and psychosocial well-being during this time is as important as managing your physical health. Focusing on the altruistic reasons for social distancing and quarantine can also help ease your psychological distress.

Suggest some of the measures you are taking during these uncertain times in the comments below which can help our community.

Do reach out to us or the IISc wellness center if you need any help:

1. 24 x 7 phone service to talk to a professional counselor: 080 – 4711-3444.
2. Online counseling: <https://wellness.iisc.ac.in/index.php/online-counselling/>
3. Online chat (24 x 7) counseling at bit.ly/YDatIIScChat

More information at <https://wellness.iisc.ac.in/>

It's a marathon, not a sprint! Let's take this one step at a time. Because together we can!