

**South Calcutta
Girls' college**

**Counselling Cell
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**Ideas to keep calm
during lockdown days**

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In view of the world's crisis during pandemic (COVID-19) and subsequent prolonged lockdown of the countries, people are compelled to stay at home all the time. As a result of this pandemic reaction which has definite psychosocial impact (academics, relationships with family and friends, financial status) may affect students' concentration level and in severe cases they may fall in anxiety, depression and their sleep pattern may get disturbed.

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Here some
suggestions are
provided to deal with
the psychological
reactions which
generally are created
by this pandemic
condition (COVID-19)-

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1. Meditation
2. Taking care of yourself
3. Time Scheduling
4. Activities you can do

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1) Meditation:

Meditation or deep breathing may help people to focus on their present i.e. existing situation rather than getting worried about the activities performed in recent past or to be performed in near future. For meditation, first choose a particular position at your home and there sit comfortably and focus on your mind. Then, try to eliminate distractions as much as possible and starts breathe slowly as well as deeply. This will probably help you to get relaxed and to enhance concentration level as well. This activity can also be performed while listening to light music.

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2) Taking care of yourself:

Stress at a severe level affects our psychological and physical state which have negative impact on our overall wellbeing. Considering the existing condition, you are now recommended to plan your diet which is balanced by both carbohydrate and protein. So, please eat healthy, stay fit and sleep well.

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3) Time scheduling:

Schedule your activities in terms of priorities. Prepare a routine to perform your daily activities such as study, exercise and refreshments. Do not indulge yourself to go on thinking and getting updated about this pandemic condition all the time. Every day, schedule a particular duration of 30 to 40 minutes to think and even to write about the matters related to the present condition.

Here there are some guidelines to schedule your daily activities which may be followed-

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Activities in day:

- a) Start your day with meditation followed by some free hand exercises.
- b) Then most importantly perform some household activities as well as watering plants.
- c) Then organize your study activities by performing new assignments as well as pending assignments. Revision of those activities which had performed earlier should also essentially to be scheduled.
- d) Then take a break and may get involved in cooking and other essential household activities.
- e) Thereafter schedule time for refreshments such as reading story book, solving puzzles, performing extracurricular activities like practicing dance, playing guitar, singing song etc.

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Activities at evening and night:

- a) Start your evening with a cup of tea.
- b) Thereafter, if you enjoy writing story as well as poetry then continue with these.
- c) Then start performing your academic activities like solving previous year's questions and performing practical assignments.
- d) After that, schedules sometimes for refreshments like watching T.V. but maximum for an hour, chatting with your friends and listening to music.
- e) Then motivational videos may be seen in social media maximum for half an hour as well as cherish your old memories by watching old photo albums.
- f) Then complete your dinner and go to sleep after prayer.

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Hope these will guide you to schedule or prepare a routine for your daily activities. Moreover, now utilize some quality times to spend with your beloved family members and do not forget that if utilized properly, then this difficult phase of life may help to learn a lot as well as mature for future endeavors.

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