

Self-care: Mental health during the pandemic

Stress, anxiety, fear, sadness and loneliness are some of the feelings caused by the pandemic

Congregación Mariana Trinitaria encourages people to value themselves, the others and their own families.

The care of mental health became an important issue during the pandemic. Special attention was paid to the stress caused by lockdown, the feeling of being lonely, and mental disorders that became popular as a consequence of the lockdown. Undoubtedly, COVID-19 pandemic has caused physical and psychological harm in many people.

Nothing will be the same after this, staff in charge of health institutions, and the society in general will change their perspectives about the world and life itself. Social distancing makes everything more complex, but in the meantime, it makes people more conscious about physical closeness and having a companion. People realized that in the last decades they focused on themselves only, and they forgot about the others.

Having a mental balance was the key for the last 10 months in pandemic, so, it is important that we identify and know the feelings or emotions that we feel in order to know how to react and also to avoid major affectations to our health.

Data

Institutions like the World Health Organization (WHO) identify some symptoms caused by the pandemic, such as:

- **Hypothymia:** a blue mood, sadness, sorrow; experts cannot diagnose it as depression
- **Anxiety:** high levels of stress, constant worries, nervousness and sleep loss
- **Irritability:** hostility, intolerance to critiques, difficulty to find comfort, etc.
- **Flattening:** a limited range to express emotions, it is not possible to respond properly to external stimuli
- **Anger:** a strong and exaggerated reaction to situations considered as negative

We do not have to stigmatize those emotions as it is normal to feel stress, anxiety, sadness and loneliness. It is also true that we all as individuals have big responsibilities, and that the actions we make about our self-care can help us to control ourselves. However, it is important to look for professional assistance in case you feel that you are having problems to control your emotions.

Those feelings may affect little girls and little boys too so, it is indispensable to teach them how to express their emotions. In order to do that, they can start on creative activities like playing or drawing that can contribute to make this process much easier.



Message CMT

During these moments, Congregación Mariana Trinitaria (CMT) recommends people to keep active, do occupational activities like putting together puzzles, reading, watching movies with your family, playing sports with the kids, learn skills from home, cooking or cleaning, organize your room and set the furniture differently, organize photo albums or books. Also, doing exercise and meditation are important, as well as exercises to improve your breath.

Congregación Mariana Trinitaria encourages the citizens to value themselves, buy yourself a treat, get together with your family after your office hours. Cherish the time you spend with your family and enjoy your role as a son, wife or husband. It is the right moment to realize that human beings are able to do magic in special moments in order to have a better family.

It is the time to revalue your family, realize that life is just an instant and you need to enjoy it. Give yourself the chance of loving and enjoying the people you love, learn to have magical moments just because you are able to do magic. It is the moment when you can change your reality, but also you can improve it. Do not allow fear or things outside your home to control you because you may lose the wonderful things you have at home.

Recommendations for your physical health

- Have a good sleep. Go to bed and wake up at regular hours every day
- Do physical activities regularly
- Eat healthy food
- Avoid junk food and refined sugar. Control caffeine as it can boost stress and anxiety



• Avoid tobacco, alcohol, and drugs



- Control your screen time.
- Turn off electronic devices for specific lengths of time everyday, and also 30 minutes before going to bed.
- Relax and recharge your batteries. A few minutes of calm may freshen up your mind and reduce anxiety



Advice before going to bed

