



Crescent
LJNE

SPECIAL EDITION - MENTAL WELLNESS MAY 2021



*Mental
Wellness!*

Overcoming depression

This word "DEPRESSION" has something common which everyone has been facing due to this pandemic situation. We are advised by the government to stay at our home to safeguard ourselves from the COVID-19 virus and stop the spread. Being at our home the whole day and hearing negative news has taken a toll on mental health. These techniques are useful in coping with depression. Speak out when you need there are many out there for you to hear.

Tips to overcome Mental Depression

Social Media
Break.



8 hrs.
Of sleep.



Meditate.



Breathing
Exercise.



Eat
Healthier.



Create
Something.



Mental wellness!

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Over the course of your life, if you experience mental health problems, your thinking, mood, and behaviour could be affected. Many factors contribute to mental health problems, including Biological factors, such as genes or brain chemistry, Life experiences, such as trauma or abuse, Family history of mental health problems.

Early Signs

- > Eating or sleeping too much or too little
- > Pulling away from people and usual activities
- > Having low or no energy
- > Feeling numb or like nothing matters
- > Having unexplained aches and pains
- > Feeling helpless or hopeless

Positive mental health allows people to:

- > Realize their full potential.
- > Cope with the stresses of life.
- > Work productively.
- > Make meaningful contributions to their communities.

Ways to maintain positive mental health include:

- > Getting professional help if you need it.
- > Connecting with others.
- > Staying positive.
- > Getting physically active.
- > Helping others.
- > Getting enough sleep.
- > Developing coping skills.

Mental health problems are common but help is available. People with mental health problems can get better and many recover completely.

Dear Students
We hope each of you are hale and healthy.

On the day of Tamil new year 2019, I was working in the garden a "RUSSEL VIPER" bit me. I know how dangerous the Russel viper bite I worked in sea snakes for my Ph.D. After the snake bite, I had to rush to the hospital. It takes more than half an hour to reach the hospital. I rushed to the hospital on my bike. During that time I had two options one is to panic about the snake bite and the other to calm down and proactively think about what I am supposed to do. I started observing the snake-bitten area and started to observe what's happening in the bitten area. So, in that way going in deeper and deeper observation. In the meantime, I reached the hospital so this is the way I was thinking differently to get rid of my fear of snake bite. Even now we are also similar kind of emergency the covid pandemic. There are two options available to us one is to panic and the other is to stay calm. Stay calm and let's overcome this pandemic stronger and safer. The COVID-19 second wave has created a tremendous impact on our country. Mindfulness must precede your actions. We hope you are following government directives and necessary precautions to ensure your safety and those surrounding you. Maintain social distancing and leave your home only if necessary. Wear a mask at all times and sanitize as often as possible. In such difficult times, you must reach out to your loved ones and comfort them. Engage your thoughts positively, as it will strongly impact your surroundings. The Office of Student Affairs is always here for your support. Keep in touch. Let's overcome this pandemic together!



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