



Seva Mandal Education Society's
Smt. Maniben M. P. Shah Women's College of Arts and Commerce
(Autonomous under S.N.D.T Women's University, Mumbai)
NAAC REACCREDITED B++
UGC STATUS - College with Potential for Excellence



MENTAL WELL-BEING JOURNAL

DEPARTMENT OF PSYCHOLOGY



SAMVEDANA COUNSELLING CENTRE





YOU ARE FREE TO LOOK FORWARD WITH HOPE,
NO MATTER WHAT YOU ARE LEAVING BEHIND YOU.
SO LOOK UP FROM THE GROUND WITH HOPE. .
AS LONG AS YOU ARE HERE THERE IS MORE ROAD TO GO.

The COVID-19 pandemic has likely brought many changes to how you live your life, and with it uncertainty, altered daily routines, financial pressures and social isolation. You may worry about getting sick, how long the pandemic will last and what the future

will bring. Information overload, rumours and misinformation can make your life feel out of control and make it unclear what to do.

During the COVID-19 pandemic, you may experience stress, anxiety, fear, sadness and loneliness. And mental health disorders, including anxiety and depression, can worsen.

Stress is a normal psychological and physical reaction to the demands of life. Everyone reacts differently to difficult situations, and it's normal to feel stress and worry during a crisis. But multiple challenges daily, such as the effects of the COVID-19 pandemic, can push you beyond your ability to cope.

Dr Leena Raje, Principal therefore suggested that Samvedana Counseling Centre can take up the challenge of helping all our students and teachers maintain their mental well-being during this lockdown.

So I, Shweta Manghnani, College Counsellor along with Department of Psychology have created some fun activities to keep your mind ticking while the days tick by.

We are in This Together





Seva Mandal Education Society's

Smt. Maniben. M. P. Shah Women's College of Arts and Commerce. (Autonomous)

Department of Psychology

Samvedana Counselling Cell

Greetings!

Today's Activity is on SELF-CARE

Self-care is a remarkably flexible term. It includes nearly any activity individuals use to calm, heal and preserve themselves in the face of adversity.

Socrates coined this term and explained that in 'care of self' and to 'know thyself' are fundamental principles regarding the healthy relationship we have with ourselves, and others.

The activity that we will be doing is called The

'SELF-CARE CHECKLIST'.

In the Checklist you see, there are many activities that one can do, your task is to try and complete as many as you can in a day!

There might be some activities that you may have been keeping on hold, but now is your chance to indulge in them! The aim is for you to feel rejuvenated after all the work you have been doing at

home.

An Initiative by Principal, Dr. Leena Raje



SELF-CARE CHECKLIST



TODAY I.....

- Talked to a friend
- Cooked
- Read Something
- Decluttered your space
- Drank 2 Litres of Water
- Watched Doordarshan
- Did something fun
- Played something with family
- Took break from Social Media
- Danced
- Meditated/ Yoga
- Complimented someone