



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 'Knowing My Emotions.'

Normally we would love to have a holiday to be with our family. But these unforeseen circumstances has got us literally stuck at home with little or no possibility of letting out any steam. We are constantly working and our mind is also on an overdrive.

Some days we wake up with a feeling in our gut. We are not able to label exactly what are we feeling. We feel irritable and angry because of it. Some may feel low and sad. There are some who may experience it as anxiety and irrational fear about what awaits us. It could also just be plain grief. Our mind is grieving looking at the news reports, the WhatsApp forwards and all social media posts.

Today's activity is for us to understand our emotions. Identity what are you feeling. Label it. Once we acknowledge and own our emotions, they will have little power over us. We would be able to rationally talk ourselves (using 1st day's Positive Affirmations) and lessen its hold over us. List down why you are feeling the way you are feeling. Writing it lessens the emotional burden.

An Initiative by Principal, Dr. Leena Raje

Today I feel...

Directions: Circle the Emoji that best describes how you are feeling.



Happy



Sad



Surprised



Scared



Angry



Embarrassed

Because...

Draw or write about what happened

A large, empty rectangular box with a black border, intended for a student to draw or write about the event that caused their feelings.

©2017Kiddymatters.com

exactly what are we feeling. We feel irritable and angry because of it. Some may feel low and sad. There are some who may experience it as anxiety and irrational fear about what awaits us. It could also just be plain grief. Our mind is grieving looking at the news reports, the WhatsApp forwards and all social media posts.

