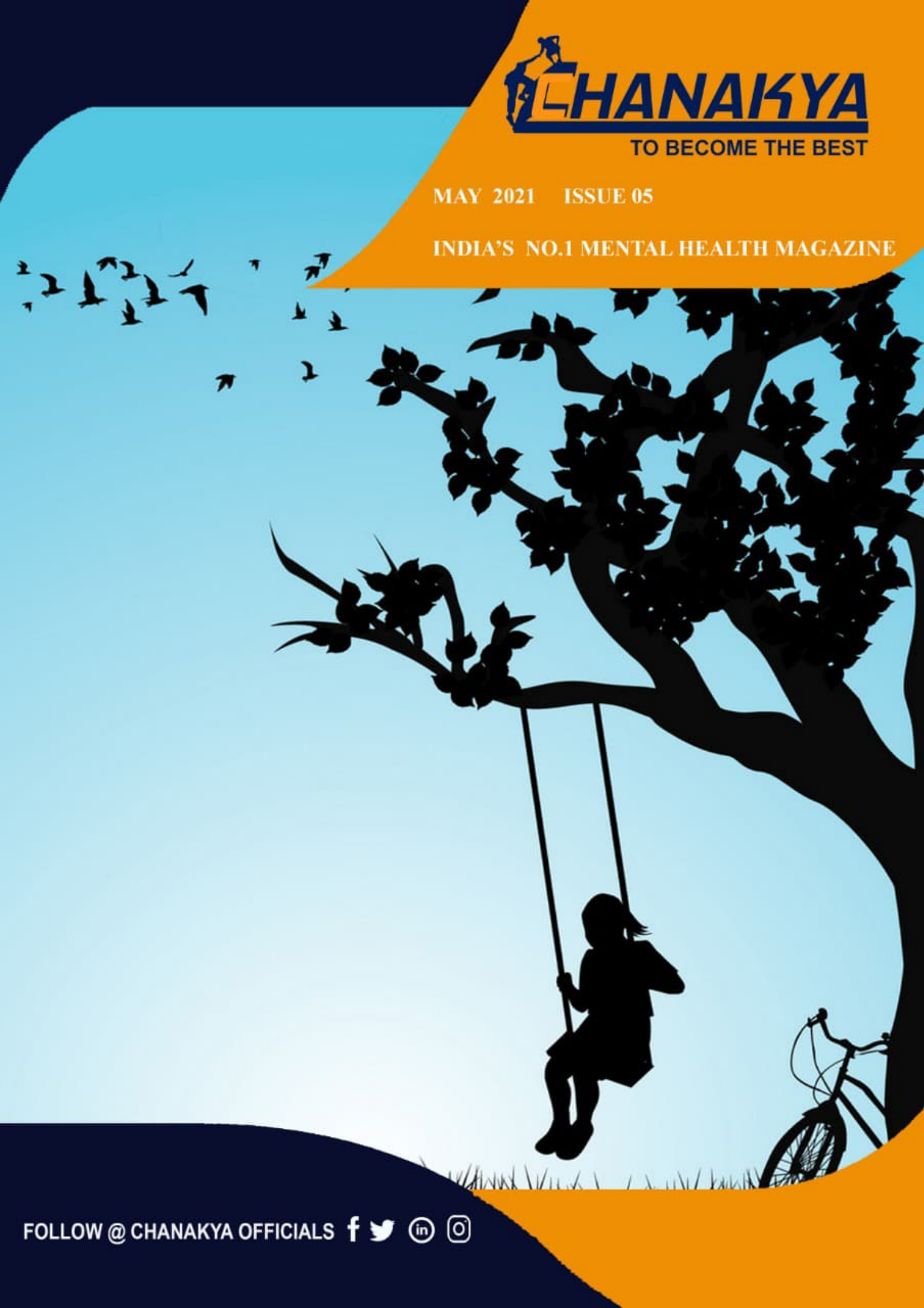




TO BECOME THE BEST

MAY 2021 ISSUE 05

INDIA'S NO.1 MENTAL HEALTH MAGAZINE



FOLLOW @CHANAKYA OFFICIALS [f](#) [t](#) [in](#) [o](#)

INDEX

Work From Home And Mental Health

No Second Chance

The Last Page

Uncertainty of Pandemic

Comic Series



Work From Home And Mental Health





WORK FROM HOME!!! The moment we say, 2020, we remember words like Corona, quarantine and Work From Home (WFH). Wasn't WFH initially a greatest of Fun? We had lesser of hectic travelling, long traffic hours, getting up early in the morning and too busy schedules. Our work life balance increased. But as the lockdown limit was pushed further and WFH became the new normal, this greatest fun was no less than a greatest punishment!

WFH has a good and bad effect on many factors, one of which is Mental Health. What is Mental Health? Mental Health according to WHO is, 'a state of wellbeing in which every individual realizes his/her own potential, can cope with the normal stresses of life, can work productively and fruitfully and is able to make a contribution to his or her community.' In simple words, a perfect balance of our 'thoughts, emotions and actions' is called mental health. Any imbalances in these three can lead to mental health concerns.

WFH has enormous impact on our mental health. Some of the common issues are anxiety, depression, burnout, lack of motivation and energy, fatigue, insomnia, lack of productivity, stress, tension, micromanagement, etc. When we go out for work, we travel, we meet our colleagues and have a social life outside. However, in the virtual world, we do socialize but the lack of physical touch and one-to-one connection leads to feelings of isolation and loneliness. These feelings can further cause problems like depression, suicidal thoughts and anxiety.





The boundaries between work and personal life are getting blur. Because our home is our home and our office is also our home, we do not have proper distinction between the two. When we went to the office spaces to work, we left our household responsibilities and tensions at home and similarly when we came back home, we left our office tensions back in the office space. This gave us compartmentalization of the two and help us hit a work-life balance. However, due to the lack of boundaries, stress and tension are increasing day-by-day.

WFH has got managers to engage in micromanagement that further stresses out the employees. They feel less trusted and less satisfied with their work. All this does have an impact on the levels of our motivation and productivity levels. These outside-of-work stressors shift our focus from the work keeping us low on motivation levels. Anxiety starts to set in soon. We start getting anxious and nervous for not doing the tasks well and feeling disinterested. This at the end, leaves us being less productive.

Constantly working and fulfilling household as well as office responsibilities finally leads to a mental breakdown and psychological fatigue. Burnout starts to set in. Burnout is a phase of physical, emotional and psychological fatigue. Burnout also happens due to lack of relaxation and rest, both, physical as well as psychological.

Excessive screen-time keeps our brain 'ON' and alert, 24*7. When we constantly have light coming in on our eyes, it does not allow our brain to relax and sleep. We initially suffer from physical symptoms like eyes getting red and watering, headache and feeling tired. Further, this causes sleeplessness and insomnia.





Mental Health concerns not only affect us but also our families. It is very important to deal with them at the right time before they cause any further damage. Let us now discuss, what to do?

1). Set your routine: Sleep and get up at the same time every day. Work for fixed hours and get some time out for yourself and your loved ones. Try to socialize as far as possible, of course by following Covid related protocols. Surround yourself with positive thoughts, emotions and optimistic people. In your routine, give time for relaxation activities and hobbies like reading, music, exercise, dance, drawing and painting, etc. Do anything that makes you happy. Meditate!

2). Manage screen time: The ideal screen time per day is 2-4 hours. However, WFH requires more. Try to take breaks from the screen and refresh your eyes. Wash eyes with cool water, maintain eye hygiene, look outside at the greenery in bearable sunlight, wear sunglasses while using mobile phone or laptop (it saves from the harmful rays). Similarly, do not use any screen appliances 2 hours before bed time. Maintain bedtime hygiene. Sleep in a dark, calm room. Avoid caffeine and drinks as it will affect sleep.



3). Journaling: Write down all the experiences you go through in the entire day. It is a great activity of venting out and feeling calm and relaxed. Also, write about things you are hopeful about, anything that you are thankful for. Express and share positivity!

- Anuja Sathe

No Second Chance

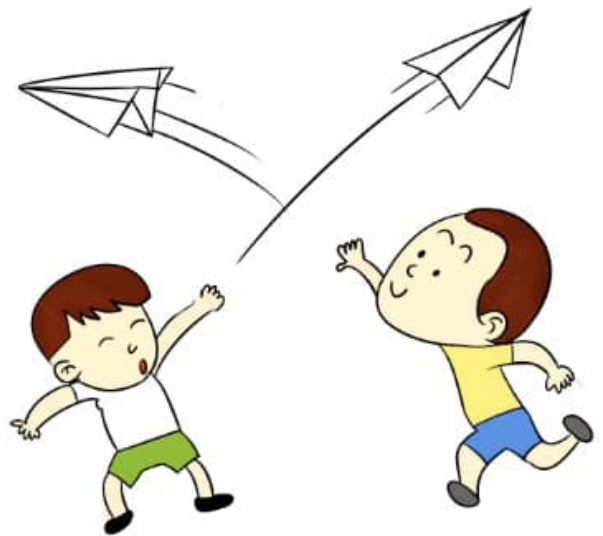
The best days of our lives will never return back to us. We can feel them in our actions of today but the raw feel is gone forever.

Not the day you fell in love, not the day you graduated. The day you started crawling, the day you started to speak. Those are the golden days, our Childhood!

We often say, a baby is the most blessed living being with no stress and no worries. Partially true! The other side shows some of the harsh realities children face in a very early stage of their life.

Adults are almost blind to the concept of children's mental health. Do chocolates always work in making a child happy?

Let's see what makes a child really happy.



One boy, hurt his knee so hard that tears started to flow down his cheeks, mom came running brushed off the dust in his dress and said, "Don't cry like a girl" and he carried this throughout his life, controlling his feelings, being too strong far above the limit and one day, when he couldn't control it any longer turned to the worst decision ever.

The younger child of a family, a pretty girl always loved to follow her brother's steps. She wanted his bike, his kind of education and experience

life just as he did. But "papa won't allow" stood at every corner of her life.

That succumbed every happiness of her and she eventually gave in. Only if their parents understood what was going inside their head. There's no point in accusing the society when our own people are against us. Not only charity but also understanding begins at home.

Above is just a small example, real life gives us hundred. Including homeworks, family pressure, friends circle, adolescent age, relationships and so much more.

Pressed between so much expectations, mental health counseling has reached even the tender age groups. A minute talk long time before would have changed



them a lot from what they are today. But, better late than never! Catch hold of your brats and talk to them. Listen to their needs, see their dreams twinkle in their eyes. And then decide, are you really doing what your child needs? Applicable to siblings too!

And don't forget, May 7 National Children mental health awareness day. Let's bring a change this time

- Sriharshini

The Last Page

She sat quietly in the corner, thinking of her older days. When she scolded Amma for interrupting between her phone calls.

"Amma has no other work than peeping into my conversations! Why can't she leave me alone?" she sighed gazing at the roof with emptiness in her eyes and heart.

Amma turns into a question bank when I ask her for permission to go out. "Where? When? With whom? What about dinner? Walk or car? Are boys coming with you? Why a crop top, wear a good kurti! Come back by 8." And her list went on. These queries made my blood reach its boiling point but now I regret them. I could pick out flaws but never appreciated her for all what she has done.



I didn't even know to how to talk, walk, behave properly but she always held my hand with no embarrassment. My stained hands soiled her saree but she smiled as generously as she could. She fed me till I was full, and sometimes a little more. Fevers were mine and sadness was hers. My dreams shone brighter in her eyes. More than me, she was sad when I left my home after my marriage with him. Years rolled by and now when my grand daughter plays in my arms, how badly I wish my Amma was here with me, patting my head with that pearl white smile. I was never a good daughter, but she never complained. That's the difference between me and her. I am just a girl, but she is Amma

- Sriharshini

Uncertainty of Pandemic



India and the world have been battling the Covid-19 pandemic for over a year now. The virus and its effects have had a detrimental impact on almost everything around us, right from taking away the freedom to move about, the access to general facilities as well as our access to medical facilities. Along with the different life areas affected by covid, one such sector is that of employment and it has been particularly affected for those who have just started out their careers.

India as a country had not been very well updated with the work from home culture before the beginning of the covid-19 pandemic. Since the beginning of the pandemic, the work culture underwent a change, not only affecting the current employees, but also the freshers who have been on a look out for jobs. To top it off, the companies are also resorting to downsizing and laying off their employees to meet the economic crisis and this further makes the scope of job seekers difficult.

Yet, to a certain extent, corporates have been able to keep their boats sailing by increasing their levels of adaptability and





However, there has been another area that has suffered due to the pandemic which is the non-corporate sector. Aspiring writers, counsellors, dancers, actors and several others in the non-corporate sector continue to bear the brunt of the pandemic. The restrictions and the danger outside the home limit their scope, but it also severely hampers their mental health.

Apart from the frustration, sadness, anger and fear of the uncertainty, the restrictions have led them to question their sense of self-worth, lowered their self-image and also hampered their self-esteem. It often seeps in the form of comparing oneself to the others who are making advancement in their careers despite these testing time, loss of motivation, sense of hopelessness, pressure to keep up with others from the fraternity, loss of purpose and a sense of losing out on opportunities.



Although these are testing times and there is certainly a lot of uncertainty around, it can be comforting to remind the self that one is not alone in this situation. With the world fighting this pandemic, there may be several other people who might be undergoing a similar state of emotional turmoil and a loss of purpose. In phases like these, turning to a loved one for help and support can be relaxing. Having short term goals instead of long-term plans can also put off the additional burden of achieving the goals. Additionally, using the available resources in terms of technology and otherwise can also help in keeping up with the current trends. However, the most

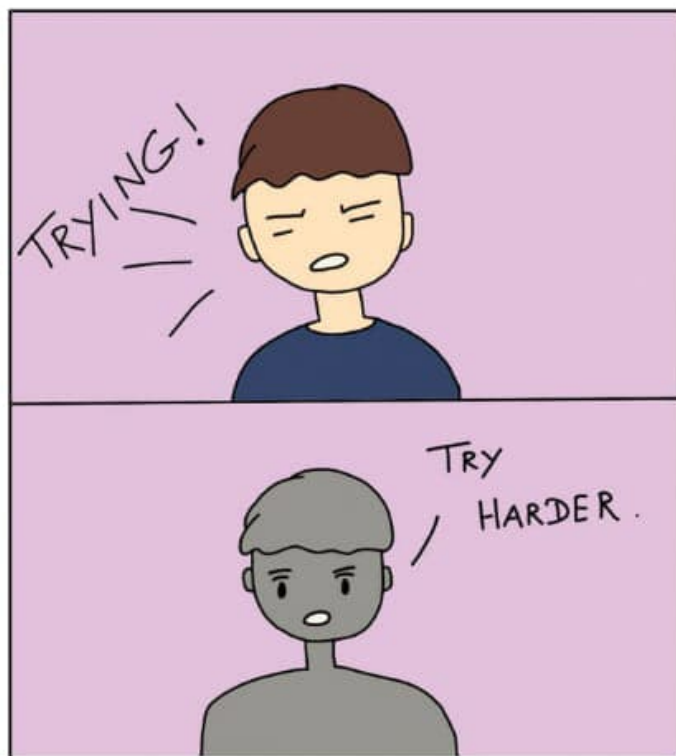


important thing is that even after taking into consideration the above-mentioned ways to cope with the situation, being open to seeking professional help in any possible capacity is important. People around the person can certainly be of great help, but that cannot replace professional assistance, should such a situation arise.

Lastly, keeping faith of things being normal again along with taking the necessary care can help a long way. Remember, this too shall pass.

- Apurva Ganu

Comic Series





Credits



Sriharshini

 @sriharshini_22



Apurva Ganu

 @apurva_ganu



Sandhya

 @_artofsandy_



Anuja Sathe

 @psynergy_08