



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





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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



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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.

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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 child to draw or write about the event that caused their feeling.

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Greetings!

Today's Activity is on 'BLISSFUL MORNING'

Many people have been staying in quarantine with their families, friends or even alone. It's easy to fall into a disorganised routine or lose hope of ever being able to leave your house. Many of us are have a lot of responsibilities and obligations, and often feel strapped for time. Having a great morning routine can make all the difference in being productive, achieving goals, feeling organized, and doing all of this with motivation.

Creating a morning routine is not focused on who can accomplish the most or check off more boxes than everyone else, it is about allowing yourself to begin your day with confidence, peace, and a positive attitude.

So, here are five things you can do to get started on, to make your morning more meaningful.

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5 BLISSFUL MORNING IDEAS

PRAY

(GRATEFUL PRAYER FOR A NEW DAY AND APPRECIATION
FOR THE PRIVILEGES)

CREATE A POSITIVE STATE

(CLEAN YOUR BED, READ AN INSPIRATIONAL QUOTE)

PHYSICAL EXERCISE

(SURYA NAMASKAR, FUNCTIONAL EXERCISES, MEDITATION)

DO SOMETHING FOR YOURSELF

(MAKE YOURSELF TEA/COFFEE, WRITE A DAILY TO-DO LIST,
WATER THE PLANTS, LOOK OUTSIDE THE WINDOW AND
TAKE IN THE DAY)

LISTEN TO MUSIC

(REJUVENATE YOUR SOUL WITH YOUR FAVOURITE TUNES)



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Greetings!

Today's Activity is on 'PERSONAL PLAYLIST'

One of the many dreadful side effects of our social distancing is that the white noise of everyday life—the sounds of cars, the chaos and crowd—is lost. In its place is the unpleasant silence of a whole world stuck on pause.

Having said that, we are also doing the best we can to make the most of our time now, be it working from home, slow cooking, or finding new hobbies. During this quiet, music become essential to get us through the day. Research has shown that playing music lowers your blood pressure, reduces stress and anxiety levels. In fact, it even strengthens your immunological response, making you more resistant to viruses.

So today's Activity is for us to: **Recollect and Listen to 10 Songs that reflect our life!**

Reflection allows one to slow down and consider what life is all about such as enjoying each moment, reminiscing about the past and even considering the future.



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A SAMPLE PERSONAL PLAYLIST



AJEEB DASTAN HAI YEH – DIL APNA AUR PREET PARAI

KUCH NA KAHO – 1942 A LOVE STORY

RDDBAROD SONG – RANG DE BASANTI

LAG JA GALE – WHO KAUN THI

HASTEIN HASTEIN KAT JAYE RASTEIN – KHOON BHAARI MAANG

MERE SAMNE WALI KHIDKI – PADDOSAN

ROOP TERA MASTANA – ARADHANA

KAR HAR MAIDAN FATEH – SANJU

ALL IZ WELL – 3 IDIOTS

LOVE YOU ZINDAGI – DEAR ZINDAGI





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Greetings!

Today's Activity is on 'I AM GRATEFUL FOR'

We all have so many blessings in our lives and yet sometimes we fail to notice them. We don't recognize them properly, forget them, or simply take them for granted. In reality, these little things have a huge impact on our lives. That's why it is essential to recognize their value.

Appreciating the little things in life means that you focus your attention on what nurtures and sustains you in life. On everything that brings you even the smallest amount of pleasure.

Keeping this in mind, a small activity can be done for this, below are a few prompts for us to list down what we're grateful for. The aim is to bring in more positivity and keeping us in touch with everything that's important in our lives



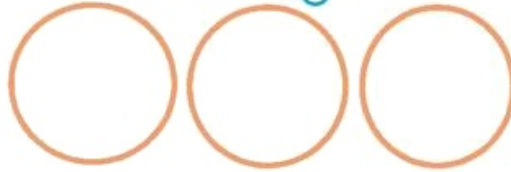
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I am Grateful For:

Relationships I am grateful for:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

3 Strengths:



One overlooked blessing:



4 Positive things about my Health & Body:

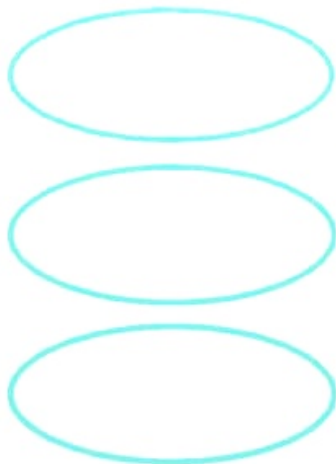
- 1.
- 2.
- 3.
- 4.

People who've helped me:

- 1.
- 2.
- 3.
- 4.
- 5.

- 1.
- 2.
- 3.
- 4.
- 5.

Activities I enjoy:



Spiritually I'm grateful for:



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Greetings!

Today's Activity is on 'SELF-REFLECTION'

During this Quarantine, Often we are caught up in the troubles or busy-ness of our daily lives. Sometimes, the day may end without you even realising it. This can overwhelm us sometimes. But if we take a minute to step back, and reflect on ourselves- Our day, it can calm us down and lower our stress levels. If you reflect on the things you did in a day, it allows you to celebrate every little success. It allows you to realize how much you've done right, the good things you've done and what more you can do.

Without reflection, it's too easy to forget these things, and focus instead on the negatives.

So today's activity is for us to Reflect on our day with the help of the prompts listed below.



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10 MINUTES TO REFLECT ON YOUR DAY

_____ Date:

The first three things you did this morning:

One step you took toward one of your goals:

The last three things you'll probably do tonight:

One story or bit of information you saw or heard today that you don't want to forget:



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Greetings!

Today's Activity is on 'Wellness Journal'

At unsettling times like this pandemic, it might feel like things are very much out of your control. Most routines have been thrown into disarray. With each passing day, each of us is struggling with the question of "What to do?"

Journaling is one of those underrated activities which would not only give you joy, but would also turn out to be an insightful activity. It helps keep a track of one's progress. It is important to make time for yourself and indulge in activities which make you happy. In order to look after others you need to first care for yourself.

Below is a small worksheet to get you started

**WELLNESS
TO LIVE YOUR
BEST LIFE**



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WELLNESS JOURNAL

DATE: _____

TODAY'S POSITIVE THOUGHTS

JUST FOR ME



REFLECTIONS ON THE DAY

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WATER

FRUITS & VEGETABLES

EXERCISE

TIME: _____

ACTIVITY:

VITAMINS & SUPPLEMENTS



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Greetings!

Today's Activity is on 'Noticing Happiness'

'We tend to forget that happiness doesn't come as a result of getting something we don't have, but rather of recognizing and appreciating what we do have.' - Frederick Keonig

Your greatest power is your perspective. It can victimize you or empower you. Being thankful—for what life throws at you—has many positive effects, according to science. It opens the doors to more relationships, improves both your mental and physical health, helps you sleep better, and increases your self-esteem.

Today's Activity is for us to think about all that you might have overlooked, forgotten or sometimes, taken for granted.



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One part of your daily routine that makes you happy		Draw something that makes you happy
A list of people whose love/friendship or company makes you happy	One place that makes you happy	
One thing about your home that makes you happy	One occasion or time of the year that makes you happy	List of food items that make you happy
One activity or passion project that makes you happy	One thing about living in your town or city that makes you happy	



THINGS IN MY CONTROL



How much news I read & watch



How much time I spend on social media



Where I direct my energy



How I speak to other people



How I choose to self-soothe



How I handle my feelings



How I look after myself

THINGS BEYOND MY CONTROL



How other people behave..
Except perhaps by Influencing
People's behaviour
by setting good example



How other people Feel..
except perhaps by Empathizing
with others



Other peoples Decisions

Coping Thoughts to Remember When Feeling Anxious

I am always important, no matter what.

I've dealt with harder situations and I know it will get better.

Not everything will go my way, but I will try to be flexible.

It's not that great right now, but it's not the worst thing either.

This hurts, so I need to be extra kind towards myself.

This is tough, but so am I.

Everything will get better, sooner or later.

If I stay strong I know I will get through it.



"This Too Shall Pass."

THINGS TO DO DURING QUARANTINE



Meditate



Read a book



Journaling



Talk to your friends and family



Declutter and Donate



Play indoor games with family



Rest



Get Artsy

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20 DAY MENTAL HEALTH CHALLENGE

DAY 1

Do a deep breathing exercise.

DAY 2

Catch up with a friend.

DAY 3

Schedule something fun.

DAY 4

Donate

DAY 5

Do 30 minutes of yoga.

DAY 6

Plan a healthy meal.

DAY 7

Ask for help.

DAY 8

Listen to your favorite music.

DAY 9

Take 10 minutes to read.

DAY 10

Go for a walk.

DAY 11

Budget 20 minutes of spa time.

DAY 12

Practice a favorite hobby.

DAY 13

Get distracted by a movie.

DAY 14

Go to bed 30 minutes earlier.

DAY 15

Drink just water today.

DAY 16

Schedule a game night.

DAY 17

Set a mini goal.

DAY 18

Cross an item off your to-do list.

DAY 19

Compliment someone.

DAY 20

Adopt a new Habit.

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