



UpLife COVID-19 Mental Health Journal

MAINTAINING MENTAL HEALTH IN ISOLATION

Being in isolation can be difficult when you're dealing with COVID-19. UpLife has put together a resource that can help you recover while maintaining mental health.

COVID-19 is not a disease, as it won't stay. It is a temporary condition and you are already in the process of recovering. COVID is a foreign body in the system and the fight against it begins from Day 3.

There might be a few things that you are doing that might make you a supporter of this foreign body: overthinking, over-planning, catastrophizing, being too updated with the news, and not being vocal and expressing your concerns.

- ★ Overthinking diverts your entire system towards focussing on the foreign body. This strengthens the foreign body.

- ★ To fight off COVID each part of your body needs to focus on recovery. If any important part indulges in draining your resources, the COVID dot gets a privilege. Visualize your body and a very small dot on it. This dot is COVID and your body is equipped to fight it off and kill it.

- ★ Avoid catastrophizing, don't ask yourself "what-if" questions. It is a distorted way of thinking. During this time you need to be in favour of yourself, not against.

- ★ You already know the severity of the COVID crisis. Do not spend a lot of time consuming news.

- ★ If you repress your emotions, they will take up your inner energy. Every thought has energy and it can neither be created nor destroyed. It can only be channelized. Make sure you channelize in the right way.

- ★ Stress is psycho-somatic, meaning it affects the body as much as the mind. Stress releases cortisol which puts our system in a fight or flight mode. This response inhibits our immune system. If we instead focus on channeling good energy, we will provide our body with the resources to fight off COVID.

ACTIVITIES TO TRACK MENTAL HEALTH

We have put together a routine that you can follow to maintain health. The charts for the same are also included.

1. **Breathing Exercises:** breathing exercises are the best way to lower stress.

Try this exercise twice a day (morning and evening):

- breathe in
- hold
- breathe out
- hold

Start from each nostril one time.

Set the duration and frequency as per your comfort.

2. **Maintain a work-to-do list:** Don't take up too much work. Prioritize your health, limit yourself to 3-4 tasks a day. This can include your job or academic work.
3. **Indulge in activities that add value to your day.** This can be reading or a creative task like drawing or painting. Take up something you've been putting off for a long time. This will help you stay relaxed and divert your attention towards something that makes you happy.
4. **Log your worries!** Many of the times, we are worrying about things that are completely hypothetical, meaning they may or may not happen. Journal your worries and mark them as "practical" or "hypothetical". (The format of the table is attached towards the end) TABLE 1
5. **Write down your life experiences:** This is a good time to retrospect. Write down a significant life experience that you gained a lot from. It can be an achievement or a challenge that you overcame. (The format of the table is attached towards the end) TABLE 2
6. **Seek inspiration:** write down an inspirational quote everyday for 14 days. This can be an original one that you came up with, or by anyone you look up to. (The format of the table is attached towards the end) TABLE 3
7. **JPMR Muscle relaxation:** Being in bed all day can cause muscle tension and stiffening. Jacobson's Progressive Muscle Relaxation focuses on tightening and relaxing muscle groups in sequence. follow the sequence given below- (Search guided video on youtube)

[JPMR Link](#)

1. Worry Logging

S. No	Worry / Thoughts	Practical / Hypothetical Worry	Column A (Best way to channelise energy of thought)
1.			
2.			
3.			
4.			
5.			
6.			
7.			

8.			
9.			
10.			
11.			
12.			
13.			
14.			

Note:

- Practical worry is the worry which is in our control and needs a solution.
- Hypothetical worry is the worry which our mind creates and there is no control over it.
- If your worry is Hypothetical, discard it by writing reasons for discarding it in column A
- If practical, write possible solution in column A
- Column A is the best way to channelise energy of thought.

2.Life Experience

Day	Life Experience
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	

Day 8	
Day 9	
Day 10	
Day 11	
Day 12	
Day 13	
Day 14	

3.Inspirational Quote

Day	Inspirational Quote
Day 1	
Day 2	
Day 3	
Day 4	
Day 5	
Day 6	
Day 7	
Day 8	
Day 9	
Day 10	
Day 11	
Day 12	
Day 13	
Day 14	

