

# COUNSELLING NEWSLETTER

*In the name of Allah, the Compassionate, the Merciful.*

## COVID-19 & MENTAL DISTRESS

### WHAT IS COVID-19?

Coronavirus disease (COVID-19) is an infectious disease caused by a new virus.



### SYMPTOMS OF COVID-19:

The disease causes respiratory illness with flu like symptoms including cough, fever, and in more severe cases, difficulty breathing.

# **EFFECTS OF THE PANDEMIC ON HUMAN LIVES**

## **FOLLOWING AREAS OF LIFE HAVE BEEN AFFECTED BY THE DISEASE:**

### **SOCIAL LIFE:**

The human beings are social animals and social life has a great influence on a person's physical as well as mental health. The pandemic has encouraged social/physical distancing among the people which has spoiled their social life these days.

### **RELIGIOUS LIFE:**

Religious Life is being largely affected by the disease and the Muslim congregation in the Mosques, Preaching Centers and the Holy Places all over the world including Mekkah & Medina, have been banned to prevent from the disease.

### **ACADEMIC LIFE:**

The global closure of the schools has, at large extent, affected students' lives; their studies, extra-curricular activities and social interaction.

## **DIRECT FROM COUNSELLOR'S OFFICE:**

A presentation has been sent to the students of 4-12 grades on the topic of Covid-19 and Emotional Upheaval which has been intended to lighten the psychological effect of the pandemic, it is causing on the people.

## **PERSONAL LIFE:**

The personal lives of people are affected which are related to social interaction as dining out, attending social events etc, has been affected.

The spread of disease, affliction, fatalities and sanctions on all the areas of life worldwide has put the people into an emotional havoc.

## **FOLLOWING CATEGORIES DEFINE THE AFFECTED PEOPLE WELL:**

- Those whose family members are suffering from the disease.
- Those who have lost their loved ones.
- Those who have not been able to execute their plans at the proposed time and facing delay.
- Those who are having financial damage.

## **HOW TO PREVENT THE SPREAD?**

- By staying at home.
- By washing hands frequently with soap for 20 seconds.
- By avoiding close contact with people (1 meter to 3 feet) who are unwell.
- By avoiding touching your face.
- By covering your cough if you are unwell.

## **HOW TO PREVENT/FIGHT FROM/WITH THE VIRUS?**

- You can prevent/fight from/with the virus by:
- Eating Healthy Food including more vegetables and fruits.

- Avoiding refined and processed foods (junk food)/products, artificial sugars (in soft drinks, packaged juices, bakery items etc.), etc.
- Maintaining your body PH level by keeping it more than 8, which is an Alkaline State, by choosing Alkaline Life Style.
- Doing Exercise/walk 5 days a week.
- Drinking hot water & taking steam thrice a day.

## **EMOTIONAL/PSYCHOLOGICAL UPHEAVAL**



As the pandemic capsules all the areas of life with its disastrous effects, the resultant psychological outcomes of it on the people worldwide are obvious.

These outcomes may include Stress, Anxiety/Anxiety Disorder, Post-Traumatic Stress Disorder, Bipolar Disorder, Psychotic Disorders/ Schizophrenia, Depression etc.

### **HOW TO COPE WITH STRESS?**

- Remembrance of Allah/Reading Holy Quran/offering Prayers/Fasting etc.
- Deep Breathing Exercise
- Relaxation Exercise
- Physical Exercise/walk.
- Yoga/Meditation
- Sleeping Techniques
- Reading, playing a musical Instrument, gardening, painting etc.