

MENTAL HEALTH AWARENESS DURING COVID-19

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"Would you believe me if I said I was scared of everything, too?"

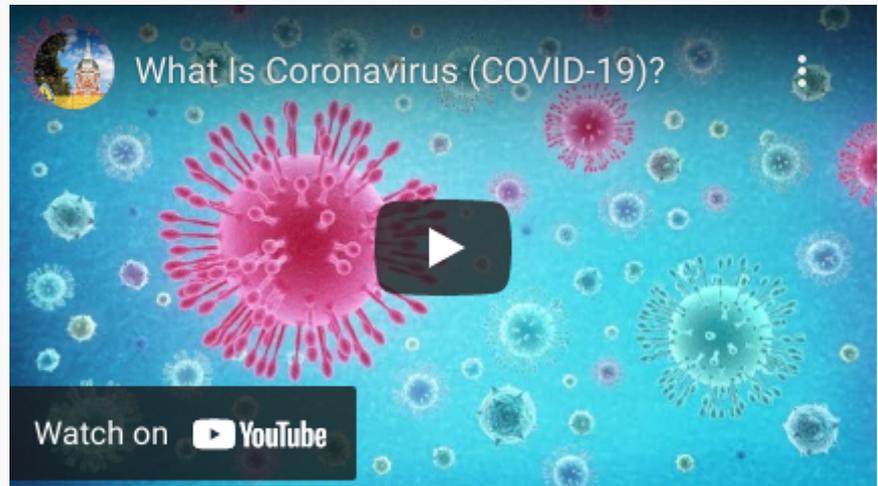
- the BTS sing in "Magic Shop."

A WORD ON COVID-19

- What is COVID-19? According to Sauer of John Hopkins Medicine Organization, "Coronaviruses are a type of virus. There are many different kinds, and some cause disease. A coronavirus identified in 2019, SARS-CoV-2, has caused a pandemic of respiratory illness, called COVID-19."

- Some symptoms include:

- Cough
- Fever or chills
- Shortness of breath or difficulty breathing
- Muscle or body aches
- Sore throat
- New loss of taste or smell
- Diarrhea
- Headache
- New fatigue
- Nausea or vomiting
- Congestion or runny nose



HEALTHY COPING MECHANISMS!

Listed below are healthy ways to cope with stress provided by Centers for Disease Control and Prevention:

- Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.
- Take care of your body.
- Take deep breaths, stretch, or meditate-external icon.
- Try to eat healthy, well-balanced meals.
- Exercise regularly.
- Get plenty of sleep.
- Avoid excessive alcohol, tobacco, and substance use.
- Continue with routine preventive measures (such as vaccinations, cancer screenings, etc.) as recommended by your healthcare provider.
- Get vaccinated with a COVID-19 vaccine when available
- Make time to unwind. Try to do some other activities you enjoy.

HOW THE LAST YEAR HAS CHANGED ME

By: Zainab Jahangir

I can go on and on, but to keep it brief, I started to be alone and kept it like that this year too. I feel like I don't need people to comfort me. Things that are trivial like my phone, sleep, and music are my greatest comforts. Those things don't revolve needing people and are things I can do on my own time.
