



## MANAGING EMOTIONAL HYGIENE DURING COVID19

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### ABSTRACT:

The COVID-19 pandemic is considered as the most crucial global health calamity of the century and the greatest challenge that the humankind faced since the 2nd World War. In December 2019, a new infectious respiratory disease emerged in Wuhan, Hubei province, China and was named by the World Health Organization as COVID-19 (coronavirus disease 2019). As far as the history of human civilization is concerned there are instances of severe outbreaks of diseases caused by a number of viruses. According to the report of the World Health Organization (WHO as of April 18 2020), the current outbreak of COVID-19, has affected over 2164111 people and killed more than 146,198 people in more than 200 countries throughout the world. Till now there is no report of any clinically approved antiviral drugs or vaccines that are effective against COVID-19. It has rapidly spread around the world, posing enormous health, economic, environmental and social challenges to the entire human population. The corona virus outbreak is severely disrupting the global economy and also on mental health of peoples around the globe. Almost all the nations are struggling to slow down the transmission of the disease by testing & treating patients, quarantining suspected persons through contact tracing, restricting large gatherings, maintaining complete or partial lock down etc. This research paper describes the Factors impacting on Human Tendencies during this Pandemic Situation and to understand Emotions Management process. Likewise, emphasis the essentials of Mental Hygiene.

**Key words:** - COVID19, Mental Peace, Outbreaks, Emotions Management, Lockdown

### INTRODUCTION:

These can be difficult times for all of us as we hear about spread of COVID-19 from all over the world, through television, social media, newspapers, family and friends and other sources. The most common emotion faced by all is Fear. It makes us anxious, panicky and can even possibly make us think, say or do things that we might not consider appropriate under normal circumstances. How do we keep our mind “clean and healthy”? It’s not like we could brush it like teeth or wash it with soap like our bodies. But just like our teeth and bodies, our minds can be prone to emotional clutter. This can bog us down and prevent us from living our best life if we don’t practice psychological hygiene regularly. Emotional hygiene means “Being mindful of our psychological health and adopting brief daily habits to monitor and address psychological wounds when we sustain them” (Guy Winch, Ph.D., **Psychology Today**). Many of us have no idea how to do this. Dr. Guy Winch in his **TED**

**Talk** said that we prioritize more on the state of our physical health than our psychological health. For example, when we get a wound, we are taught that we must disinfect and treat it so that it will heal. Nobody would poke or cut the wound deeper! But when we are facing an emotional wound, let’s say a failure, many of us wallow in self-pity or blame ourselves over and over again for failing, making ourselves feel even worse. We don’t know that when we leave an emotional wound untreated, we keep our self-esteem down. When this happens, we tend to run into the same trouble over and over again. It can escalate into a worse state of mind (for example, depression, suicidal thoughts) and damage ourselves further. Hence, mental health is a crucial element in the life of mankind. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood.



### Objective of the study:

1. To study to the Factors impacting on mental health during this Pandemic Situation.
2. To emphasis the essentials of Mental Hygiene.
3. To understand Emotions Management during COVID19 outbreak.

### MATERIAL & METHODS

This research paper is based on the secondary data. The secondary data was collected from various published sources like information of various departments, magazines, journals, newspapers, articles, research papers, websites, and educational videos on YouTube etc.

- **Factors impacting on Mental health during this Pandemic Situation:**

This pandemic situation has changed lifestyle and perceptions of many peoples. Several factors affects on their way of living and the way of thinking. This pandemic situation created many challenges as well as opportunities in front of all the human beings. Few factors are highlighted below which impacting tremendously on mental health of people.

- Fear and Risk of life.
- Disturb daily life.
- Migration.
- Loss of job.
- Lost income sources.
- Loss of vision.
- Anxiety and panic emotions instead of caution.
- No thoughtful acceptance of situation.
- Feeling of lost everything.

Therefore, This situation impacting on mental health of human beings as peoples are thinking this situation as full stop of life

where is just a pause for upcoming better life.

- **Essentials of Mental Hygiene:**

Mental hygiene is essential element in everyone's life. As it enhances our capability and our mental immune system so we all have take proper care of our mental health. In the same way that dental hygiene involves brushing our teeth and flossing every day, and personal hygiene involves cleaning ourselves and taking care of physical injuries when we sustain them, so Emotional hygiene refers to being mindful of our psychological health and adopting brief daily habits to monitor and address psychological wounds we sustain them. Currently, our general neglect of our emotional hygiene is profound. How is it we spend more time each day taking care of our teeth than our mind? We brush and floss but what daily activity do we do to maintain our psychological health? Aside from failure, other psychological wounds we might face include trauma (loss of a loved one, abuse or violence, major accident, etc.), rejection (social or professional) or abandonment and isolation. In our lives as newcomers, we'll experience these emotional wounds in the course of our settlement and integration. Some of us may have even suffered trauma before coming here. Many of us carry the pain as emotional baggage for years. The strain can manifest both psychologically (stress, anxiety, depression) and physically (headaches, hypertension and other diseases). In fact, experts found that chronic loneliness resulting in emotional and social disconnect increases the likelihood of an early death



by 14%. This is why emotional hygiene is essential; when we address psychological wounds properly and work daily at building emotional resilience, our quality of life increases. Dr. Winch calls it “Emotional First-Aid.”

## RESULT & DISCUSSION

### 1. Clean Your emotions:

Just like you clean your teeth, you need to cleanse your emotions. Emotional hygiene refers to being mindful of our stress, emotional traumas, suffering and pain. Adopt daily monitors to deal with psychological pain and wounds when you sustain them. It requires daily focus, time and energy. The Dalai Lama urges people to get rid of disturbing emotions like anger, frustration and anxiety.

### 2. Recognize when you're in emotional pain:

Pay attention when you don't feel well emotionally. Don't ignore it and let it fester; it will be harder to deal with it later. For example, take action when you feel lonely. Ask yourself the reasons for feeling this way. Isolated? Try talking to a friend. Heartbroken? Reach out to someone who may have good advice for you. Whatever the reason for the pain, pay attention. Assess it and do what you can to ease it as soon as you can. If you can't figure it out or have no energy and means to ease your pain, ask for help. Don't hesitate to seek a counsellor, advisor or doctor. It takes patience to work on emotional wounds, Dr. Winch says, “Once you get better control over your emotions, you don't lose it easily”.

### 3. Stop emotional bleeding:

Don't keep poking your emotional wounds and psychologically hurting yourself on a day-to-day basis. If you can't control an outside situation, withdraw from it, with time. It's important to keep a check on our negative cycles. So the idea is not to poke our emotional wounds- regrets & rejections. Just as in the case of physical injury, we need to need to apply emotional band-aids on emotional pain.

### 4. Protect your emotions:

We all have emotional immune systems, and we must make sure we keep it health and intact. Work on building your emotional strength and resilience. Don't talk or think negatively about any life event. Therefore, health emotional immune system can raise our self esteem and confidence. Battle out negative thinking from your mind consciously. Do not belittle yourself or indulge in guilt trips and self blame. It can be lethal for your health in the long run.

### 5. Practice compassion:

It time to work on own passion, our knowledge domain and sharpening extraordinary abilities within us. It is the way to heal damaged self-esteem is to practice self-compassion. It is helpful to cope up over emotional drawbacks in life. And emotional recovering takes patience, time and self love. Self love will raise our resilience and help us to get through turbulence with ease. If we treat us kindly, we will feel stronger and get emotionally healed.



• **How to keep mental Hygiene during COVID19 Outbreak?**

In the midst of managing a situation like the COVID-19 outbreak, it is easy to feel overwhelmed and worried. Focusing on how to slow the spread of the virus is important for our physical health, however, identifying ways to manage our mental health is also crucial. We may experience increased feelings of anxiety, powerlessness, impatience, irritability or frustration. We may feel uncertainty about the future or worry about isolation amidst rapidly changing schedules and social plans. While feeling worried is normal and expected, there are many ways by which we can increase our resilience during this time:

1. Take breaks from the news because misinterpretation of reality can raise rumors so we should be choosy towards source of information.
2. Take care of physical health by proper nutrition.
3. Manage your expectations and accept the reality.
4. Proactively manage your stress threshold.
5. Manage moments of distress.
6. Be compassionate with yourself and others.
7. Work on Relationship management.
8. Meditate yourself with Yoga and Dyansadhana.
9. Work on your passions.

10. Boost your and you're near one's positivity.

**CONCLUSION :**

Hence the study reveals that mental health is not the factor of negligence it is the most important element for peaceful life. Therefore for taking proper care of mental health you should aware about emotions management and have to work on it for better life. This pandemic has changed life of many people's but we all have to see this time span as an opportunity to know our own self in very better way. No doubt this situation is crucial challenge for all of us but every cloud has a silver line of positivity so we have to accept this situation very scientifically and thoughtfully.

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