# IPAC NEWSLETTER

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## Institute of Psychometric Assessment & Counselling

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#### **Emotional Heath First Aid**

There is no good health without mental health. Your mental health is as important as your physical health. But people know what to do when someone needs physical aid, but they do not know how to provide emotional health first aid to others who are in psychological distress. At the same time making the situation worse by saying the wrong things. Remember: Just like physical illnesses, mental health problems have a huge impact on our lives. Therefore, to reduce panic, anxiety, stress, etc. among people due to COVID, it is important to understand how to perform basic 'first aid' for those showing the sign of emotional distress.

#### Ask Dr. KomalPreet Kaur

## Q1. I feel anxious about catching the virus or transmitting it to my loved ones. What can I do?

**Ans.** If you have covid, then isolate yourself, if you do not have covid then do not go out unless important. Wear a double mask or N- 95 mask, use sanitizer, and maintain social distancing. Accept the present moment and manage the situation accordingly. Remember, stress is only in imagination, nothing has happened yet. Fear is given so that you take precautions. The negative information is important for you to take precautions. Refer to authentic sources for information like certified doctors who are dealing with covid patients or WHO Guidelines. Also, see how you are much better than crores of people. You can maintain a routine of expressing gratitude for what you are having.

# Q 2. I am washing my hands again and again. I do not want to become obsessive about it. What can I do to maintain the balance?

**Ans.** It is important to wash your hands. It is recommended that you wash your hands for at least 20 seconds after coming from outside or before eating anything. You must also wash your hands if you touch anything at public places or items touched by many. Besides this if you are having urges to wash your hands then take a pause. If problem is intensive, then seek help from a specialist.

# Q.3. How to overcome the fear which comes when hearing deaths due to covid?

Ans. Stay away from social media and every minute of news. This will probably increase your anxiety, not reduce it. Instead, get information only from an authentic source and not media. An authentic source is a doctor who is dealing with COVID patients. Whatever is in your mind speak with your doctor and not anyone else. Also, spend time each day thinking about the things you are grateful for. Picture holding these things in your open hands. It will help you to develop an attitude of gratitude and overcome your fear.

### How to deal with COVID Anxiety? By Dr Rakesh Chopra

Anxiety is your body's natural response to stress. It's a feeling of fear or apprehension about what is to come next. Anxiety will take you away from the present and you start accepting your imagination that the worst is going to happen while the fact is nothing has happened in reality.

To watch the video, click on the link below.

https://youtu.be/BPsK3K BOss

#### Tip of the Week

The best immunity building approach



PROTECT YOUR SELF FROM NEGATIVE MESSAGES AND FAKE NEWS

#### Laughter is the Best Medicine

डॉक्टर- जूब तुम तनाव में होते हो क्या करते हो?

मरीज- जी, मंदिर चला जाता हूं...

डॉक्टर- बहुत बढ़िया, ध्यान-व्यान लगाते हो वहां?

मरीज- जी नहीं, लोगों के जूते चप्पल मिक्स कर देता हूं, फिर उन लोगों को देखता रहता

उनको तनाव में देख कर मेरा तनाव दूर हो जाता है

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मरीज- ऑपरेशन सही से करियेगा डॉक्टर- ऐसा क्यों कहा मरीज- क्यूंकि सर्जन और विसर्जन में थोड़ा सा ही फर्क है। यदि आपरेशन सही से हो गया तो आप सर्जन और यदि आपका हाथ हिल गया तो फिर मेरा विसर्जन



### **Our Ongoing and Upcoming Events**



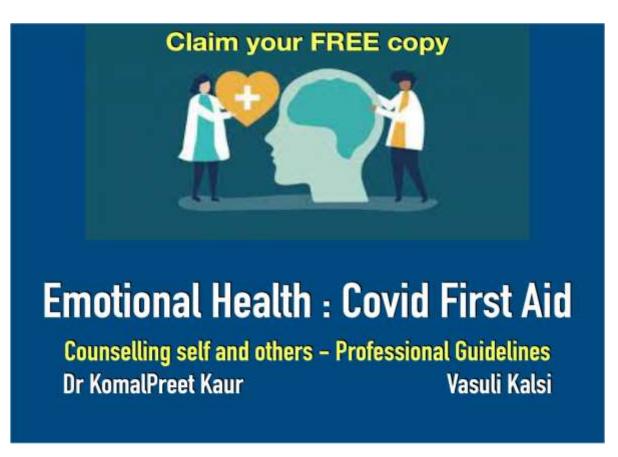






If you have any question or want to attend any of our webinar, then email us at ipacinfo1@gmail.com or contact us at +91-9911903358,+91-8860555898

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If some problem is bothering you and you are unable to decide what to do then you are most welcome to book your One Free Stress Eradication Mentoring Session by visiting <a href="https://thestrategicplanning.com/stress-eradication/">https://thestrategicplanning.com/stress-eradication/</a>

Feel free to reach us for any Emotional Health Support
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#### We'd love to hear from You!