

Becoming Psychological Well-being: Do's and Don'ts

Sandeep Kumar [1]

Abstract:

Becoming psychological well-being and mentally healthy is necessity of the changing world. The rapid changes happening around make it necessary to learn to be happy and adjust with available contextual situations. COVID-19 has also changed our life severely in all spheres of life and has imposed unexpected conditions for living. People as quarantine in their homes, schools are closed and sociability is challenged. This is a new context which people have not experienced earlier that too worldwide. These unexpected impositions have impacted our life negatively. Children at home may feel unhappy, stressed, frustrated, uneasy, anxious. Now, parents' responsibility increases to look after the health particularity mental health of children. Along with this, parents/caregiver must be careful about their own health as they will be working under tremendous pressure. Considering the present context, paper discusses the mental health issue children and parents may face along with feasible suggestions for addressing these concerns.

Keywords: Psychological Well-being, Mental Health, Children, Parents

Article History: Submitted 10th February, 2021, Revised: 12th March, 2021, Accepted: 26th March, 2021
Published: 31st March, 2021

1. CONTEXTUALIZING

Thinking positive towards life, others and oneself is very important. World is changing everyday not only socially but geographically and biologically too. These changes pose numerous encounters to our healthy life which includes everything we do every day. What is important here, is to accept these vicissitudes which pose challenges, as reality and learn to deal with them. A very recent example can be taken of COVID-19. Who is responsible for spreading it, what politics happening around it, etc. can be discussed at length, but one reality is that 'it exists now', and we have to deal with it every day. So, isn't also better to learn to deal with the challenges posed by this worldwide pandemic? The answer is, of course yes.

There are at present, and in future will be many aftereffects of this pandemic. Important to note that physical effects are not the only effects people are going to face, there are psychological effects too which disturb people in such a sensitive time. We need to understand that human life is an ecological process, which also means that there are various aspects of life such as physical, social, intellectual etc., and effect in any one of the aspects, directly or indirectly influences the other aspects. Similarly, at present, COVID-19 is associated with physical or biological aspect of human life but it is influencing other aspect of life too. One of such aspect is psychological aspect, we can also call it mental health which incorporates well-being of an individual.

Here, attempt is made to understand and explore the mental health concerns people may have during this pandemic time and how they can keep themselves mentally healthy. Discussing further, it is important to understand that most of the people do not take mental health concerns very seriously, for them illness is only

physical. They even ignore the early symptoms of mental illness. First and foremost, it has to be accepted that mental illness can happen to anyone and it is very common like any other illness. Similarly, it can be cured also. Here, it does not mean that everyone has mental illness but various symptoms of anxiety, stress etc are very common and these can be cured with a little awareness.

COVID-19 is an abbreviation where CO represents corona, VI represents virus and D represents disease and 19 represent year 2019 when it came into existence (UNESCO 2019). It is a virus that attacks on respiratory system and has initial symptoms such as fever, cough, cold, breathing problem etc. But these symptoms are common to many other flues such as influenza, therefore, medical testing is important.

The measures suggested by various national and international organisations are washing hand very often for about 20 sec, staying at home, wearing mask if need to go out, keep social distancing etc. Majority of people across world are at home and rarely they go out. It is sudden shift in life style and larger social open spaces and their accessibility is restricted. Gradual adaptation is a fundamental characteristic of human species but sudden shift brings lot many challenges and problems in this adaptation. Not all but many may feel stress, anxiety, negative thinking and many more such unhealthy experiences. So, it is important that people must know and be aware about the possible reasons and identification of mental health related symptoms along with possible ways of dealing them.

Important to note that children and old age people are more prone to this virus. So, it will be good to provide special care to them. This article addresses to the person responsible in family for taking care of children. The

^[1]Asst. Professor, Department of Education, University of Delhi

article discusses the problems children may face and what one can do as parent or caregiver to make it easy for them to handle the situation. A special section is dedicated to the mental health and psychological well-being of parents and caregiver. Children are to be given extra care does not mean parents or caregiver will not feel restlessness or stressed. They are also human being and can face multiple mental health issues during this time.

So, the idea is to help people understand about their own well-being and facilitate young growing children. The article is organised in three clear sections, where, section one deals with '*whom we call a mentally healthy person*', section two discusses about '*children and their concerns and how one should deal with them*' and third section exclusively elaborates upon '*how one can be/become mentally healthy and stress free*' during current situation.

II. WHO IS MENTALLY HEALTHY?

Stress is very common in every one's life and a symptom of mental illness. We are not talking about its severity but more talking about as a concern related to mental health. So, any one of us can face mental health problems or concerns. In current situation, the probability of facing such problem is very high, as has been said earlier that sudden change also bring some challenges for adaption and hence for mental health. But we need to accept mental illness as important health concern. Some does not accept it as problem and other feel ashamed of sharing about it. It may increase the severity of the illness.

Our body and mind is a very good communicators and they keep communicating us about the problems body face by various bodily and emotional messages. But most of the time we keep ignoring them and adapt unhealthy practices in life such as over sleep, intake of alcohol, and some time it reaches to self-harm. Still many of us do not put required efforts to improve the situation and keep suppressing these problems to make them unknown for others. We also start believing that our condition will improve eventually. Instead sharing our problems and working on them, we gradually develop a defence for ourselves and say, "*I am like that*". This statement is most dangerous for being mentally healthy, because "*any one is not like that*." This optimism that there is always hope for improvement is the base line for a mentally healthy person.

Important to keep in mind that there is no need to feel bad about any kind of mental illness. These can be cured with positive attitude. There are numerous practices which can be adopted and used to deal with such mental health issues. But, we have to keep in mind that we all have to be persistent and patience as this process of becoming psychological well being takes time. In current pandemic situation, we have to be more watchful about our mental health.

Now, we can discuss about whom we call a mentally healthy person. We know life is changing and every

time we have to think not only a fresh but also from different perspectives. But it does not mean that we always have to work on ad-hoc basis, rather we must have a sense of commitment toward what we do. This commitment must give us a sense of satisfaction. This *satisfaction or contentment with oneself and others* is one of the important characteristics of a mentally healthy person.

A mentally healthy person will always think of life and working towards improving it. Such person has zeal for life and has positive attitude towards having fun in life. They face difficulties with smile and don't feel disheartened even if fail to achieve the goals. They keep searching for alternatives to address the problems. This enthusiasm for life provides them strength to face bitter experiences in life with hope and possibilities. So, a mentally healthy person will be enthusiastic for live.

Stress is reality of every one's life. Some may face it very often and other occasionally. Stress can be related to professional work, managing interpersonal relationships which includes relations with children, husband/wife, parents etc., managing social relation etc. Person who is not able to handle these, feels stressed out and it reduces his/her performance desired to address any problem. Stress is so common that people even do not realize it and only relate it with fatigue etc. But, gradual accumulation of stress can cause of serious mental illness. So, essential is to be aware about it. A mentally healthy person will be able to *bounce back to stress and will have ability to deal with it effectively*.

Mentally healthy person will also be able to develop a good sense of any task, activity, relationships and associated objectives or purposes, which means purpose of any activity, purpose of any relationship etc. So *engaging with purposeful acts and being aware of this relationship* i.e. purpose and act, is also an important quality of mentally healthy person.

Many psychologists (socio-cultural and contextual perspectives) believe that our mental functioning is situated in context; which means if we live in a same context over a period of time we learn various ways and skills to adapt with that context. But, today, world is changing very rapidly and therefore, we need evolving skills or new skills for different contexts. So a mentally healthy person will be open to learn new skills for adapting with changing context. This *plasticity in learning of skills and adaptation* is one of the important characteristics of a mentally healthy person.

A mentally healthy person understands the value of a balance life. Balance here means between your professional commitment (work) and your leisure time (play and other recreational activities). Professional commitment is important but on what ground we are completing them is need to be monitored. We need to set realistic professional goals those are achievable without disturbing personal life. Your leisure time gives you energy for doing your other commitments effectively. When we fail to manage this balance our mental health gets disturbed. *Appropriate time*

allocation to professional and personal commitment is a good quality of a person with good mental health. Always see positive side of your relationships. It is very easy to raise question or blame others, but the thinking about what best we can learn from any relation is the quality of a mentally healthy person. Mutual relationship is known as best relationship. But it does not happen always, so, need is to understand relationship with positive perspective and ignoring negative side. We all have some negatives and positives, in this case there is no universal rule for right and wrong. But always looking negativity in others and their relationship will also make us negative and pessimistic personality. A mentally healthy person will *respect positive aspects instead pointing out every negative aspect* in relationship.

What we think about others is one thing, but, what we think about ourselves is also very important. Our perception towards ourselves gives us framework to present ourselves in society and develop a kind of positive self-concept. In this process, what I think about myself, what other think about me and what I think over that other think about me, are very significant aspects which collectively constitute my understanding about myself. We must have self-confidence and faith in our abilities and potentialities and we must respect our abilities which is also known as self-esteem. So, a person with *high self-esteem, who is aware about his/her self-concept* is having a good mental health.

We can keep listing qualities of a person with good mental health, but here, aforesaid qualities will serve the purpose. Diagram given below also helps to understand the qualities of a mentally healthy person.



Understanding Children: What they do and Expect

As any other person children are also vulnerable to mental health if not dealt appropriately. When we say children, generally it ranges up to year 12, but here we are not dealing with any so called categorization based on age, rather taking it as a broad community i.e. school going children. Due to current situation, schools are closed and students are busy with on line classes. Their life has reduced to phone, laptop and television. No

doubt this over exposure is also badly effecting their health, not only eyes but also brain and so mental health. This over exposure to screen and restricted outer world experience gives them a new world which they have never experienced. This may generate a very bad experience for children and parents may feel stressed about this and may not be knowing what to do, as it is a new situation for them too. Children may face different kinds of issues during this time. But, it is important to understand that these can be handled effectively with little awareness and patience. Children may feel restless, twitchy, agitated. They can also show anger without any appropriate reason and will not be able to express the reason for it. Anxiety about what is happening around, about school, about friends, about exams etc. They may demand unwanted things such as food which may not be available, allow to watch television for hours etc. They may also show resistance about study and other related aspects. You may observe certain behavioural changes in them such as oversleeping, over eating, throwing tantrums and many more such symptoms or behaviours. Need is to understand that children are too young to deal with issues related with their wellbeing. They simply feel, they are ignored and no one understands their problems. They may also become rebellious and frustrated.

In such a situation, children may have numerous question out of curiosity and it is very obvious. Children who used to be very clam may also ask many questions. So, we need to take it positively and instead stopping them, encourage them to ask and discuss their questions and concerns. They may ask same thing time and again, so keep yourself calm and try to respond to them with positive attitude using encouraging words such as 'Oh great, it is a very good question', 'it's great, I am happy to see that you are thinking about society and its problems', etc. But, always keep in mind that our responses to children must be according to their age. It is neither necessary nor required to tell everything to child. Age appropriateness has to be kept in mind. If there are siblings, provide space and opportunity for interaction very often. Siblings fights with each other which is very natural but they are very good friends too. In the time when schools are closed and child even can not go out to play, they need someone of their age who understand them the way they want. Siblings can do this and can become a great support. For generating these spaces parents can play some indoor games with them or ask them to generate new games. Even if games are very ordinary gives lots of motivation to them. This will encourage them to think innovatively.

Some time despite doing all efforts children may feel stress. Always remember that every child has different ways to react to stress. Some may feel unease in sleeping or will report head or stomach ache very often, some may feel nervous, worried, withdrawn, ager, anxious or fear of being left alone. Respond to their reactions positively with ease. Help them to understand that everything is fine and they are absolutely ok. When we react unthoughtfully and in hurriedness, child may

not be able to relate with it. Make them feel comfortable and show that you cares for them.

They cannot go out, so make provision for them to play at home. Some time you also play with them. Children love it when their parents play with them. Despite the fact that there are difficulties, still maintain the routine activities same as earlier, such as wakeup time, sleeping time, doing study etc. But always keep in mind, sometimes schools put extra pressure in their ignorance and do not realise the divers context of children including their own individuality. So, do not overburdened them with too much of academics. Some children may not take it very positive and start reacting to it. Understand their concerns. Children naturally are very energetic and now energy is not used properly, and so they may react to it. Sometimes if they do not want to study, do not force them.

Do not expose them too much to news. This may impact their mind and thinking process. Give them only required information, but they must know what is happening around them, so that they are not unaware. Along with problems, share solutions to deal with it. children around 12 and above have different issues, they are in transition phase and they believe they are young enough to deal with all kinds of problems. Children of this age must be dealt accordingly. Scolding, rejecting, imposing will not work, rather sharing, dialoguing, discussing etc will give a better space to them to be at ease during this tough time. At this age, they search their roles in society, so with positive discussion and accepting their abilities, they can be helped to understand about their roles in society. But always keep assuring them that if something wrong will happen, you are always there with them. This trust and confidence is very important. This will encourage them to share everything with you. This age group (12 and above) is much aware about the world outside and so they may also feel anxiety. Generally, anxiety happens due to absence of threat, but this time threat is very much real and therefore anxiety is also real. They may be having questions like what is going to happened, when every thing will be ok, etc. Surprisingly, you also do not have answer to these questions but hold your self and engage child in discussion and discuss the situation with positivity, hope and optimism.

There are established theories which claim that children learn many behaviours and thinking by observing others. So, parents need to be good role models. What you want your child should learn, do modelling for the same. Children will observe your modelled behaviour silently. So, it is not always to talk, sometimes your behaviour does this. Along with this, keep in mind to make a flexible routine, it does not mean to disturb the routine, some space of accommodation must be there.

These days, children world is restricted to home only, so allow them to talk to their friends via phone, or zoom app, whatsapp etc. This connection will make them feel social. They will feel that their friends are still there. let them spent some easy time with friends talking about what they did throughout the day, or what they studied

or played etc. You can plan some virtual games activity and can involve their friends. Such activities will work as stress reliver and they will feel more relax and comfortable.

Some suggestion are given by NIMHNS (National Institute of Mental Health and Nero Science) for taking care of children at home such as “ provide assurance whenever needed, keep them in contact with their friends, manage your child anxiety, give them clear information, engage them in indoor activities, make a routine of learning at home.”

Despite all support and engagements children may feel uneasiness. Due to this they may repeatedly do some actions or ask for different things such as they may ask food very often. Try to give them healthy food. One can see these days that parents are also making different kinds of food with the help of internet. Too much experiment will not be good for the health of children. It is good that people leaning new tricks and recipes but let be very careful and aware that we are not doing over experimentation with cocking? Children will demand but one need to handle it with proper substitute, that means, when child ask for food you should not say no but decide about the food you want them to eat. Plan for a week with children only and then execute it. When you involve children in scheduling they own it and follow it. Spend good time with your children and take it as a blessings in disguise. Do things you always wanted to do with your children, it is a good time for that.

There may be many problems with parents those are beyond control such as unemployment etc. Such issues need not to be discussed with children for two basic reasons, first; they will not be able to help and second; they will feel uneasy, restless, nervous, anxious etc. So, wherever possible try not to share your problem with children. Many parents will become unemployed and children who are dependent of school meal will face difficulties. There will be huge migration which will also disturb children's life and as a result lot of drop out will be reported on re-opening of schools due to migration.

Finally, taking care of children is important but it doesn't mean that parents or caregiver will not take care of him/herself. It is important for parents to be aware about their own health and then only parents will be able to support their children at home. So, the next section of the article exclusively discusses about the issues, ways and strategies can be used by parents or caregiver and also other people to keep oneself mentally healthy. But, before that it is also important to understand *why people fail to address the need of mental health/ Psychological well-being?* Out of many reason some are given below:

- Not accepting mental illness same as of physical illness and therefore, less attention is given to them.
- People believe that such illness is only related to weakness which can be cured only by good and healthy food.

- People are blamed that they are responsible for their mental illness, which further increases the problem.
- People perceive it as a matter of shame and social stigma, so they do not open up and share their mental illness to others.
- Our approach toward the solution of mental illness, such as instead of meeting people in person we have created a world of virtual friends which cannot work effectively when need be.
- Due to the misconception that treatment of mental illness is only medication or therapies which are expensive and time taking, people avoid addressing it.
- Some time, despite suffering from mental illness, people do not accept it. In such a case it becomes very difficult to provide any facilitation.

III. MENTAL HEALTH AND WELL-BEING OF PARENTS/CAREGIVER/ OTHER PEOPLE

One need to understand that first s/he should be mentally healthy to facilitate others' mental health. So, parents or elders of family have a huge responsibility to look after children, but what about their mental health? They can also feel uncomfortable, anger, annoyed, anxious etc., and this will directly influence children's mental health at home. Parents may also have different problems related to job, family, society, etc. So, it is essential that they also keep themselves psychologically healthy. Some suggestions are discussed here, one can use as many as they can, to be mentally healthy. But, keep one thing always in mind i.e. keep a positive attitude in all situations because your attitude matters more than anything else.

Assess yourself

First and foremost assess yourself. Check your status of health including mental health. There are many ways but here we can talk about two specific ways. In first way, think and make a check list of a mentally healthy person and see where you stand. Many such check lists you can find on internet or you can also develop your own. Think when you feel most happy in various contexts like at home, at job, relation with children and spouse, what TV serial you like to watch the most, what you like to do the most when you are free, etc. After this list tick against each of them and check the frequency of your doings these days and you will be able to know your mental health status. Second, again make a check list, what you used to do to keep yourself happy before this crisis and make two columns, one to tick what you used to do and second what you are able to do now. There are many other such way to assess your status of mental health. After this, you can relate these 'do's' and 'don'ts' with your often reaction towards events these days, such as anger, calmness, anxiousness etc. Such simple ways will keep updating you about change of behaviour as well and will make you aware about your well-being.

Value yourself

It is most important for everyone to value oneself, not only in difficult times but otherwise also. Self-respect gives you a kind of faith and confidence about the work you are doing and you will be able to take better and appropriate decision even in tough times. To value yourself, take out time for yourself and engage with what you like or want to do such as hobbies, reading, some project etc. This will refresh your mind and you will feel better. This leisure time is your right and you must get it. So, identify the spaces for your relaxation. No harm if you want to take rest in free time, that also gives time to think about your worth. Always have high self-esteem, which eventually will translate into good self-concept.

We can take an example to illustrate it further, in every society there are defined practices for male and female. None of them should feel over burdened with these demands, rather rationalise them and then engage in practices. It is good to do self-criticism but in difficult times it is not needed, rather be sensitive and kind towards yourself.

Be cautious about your physical health

You as a parents and caregiver or any other member in family has important role to play. So, it is important to keep yourself physically healthy, not only because you have to do things for others but because you deserve to live a healthy life. Small things will make good change in your life. Eat healthy i.e. balanced diet, take enough water every day, avoid alcohol and cigarettes, do regular exercise or yoga for some time, and take good sleep. In all of these, only sleep contributes good enough to be mentally healthy. Sleep helps in all kind of mental illness. So, healthy mind needs healthy body. Exercise or yoga helps dealing with depression and unease.

Welcome positive ideas

In difficult time like during COVID-19, lot many information reaches us in which most of them are about deaths, injuries, challenges people facing and all. So, it is very obvious that you will get lot many negative thoughts in mind. Little illness will force you to think toward negativity, which is very obvious. But, knowing the fact that only cough or cold may not be the only symptoms of Corona, and it can only be simple cough which happens during change of season, one should not feel panic. So, let positive ideas flow in your mind. To think positive, watch tv- some time a laughter show, or a movie you like, feel light and learn to rationalize the context. Over thinking also causes for negative ideas. So think rationally and behave appropriately. Your negative thinking also creates home environment negative which will impact children and other negatively. We must keep in mind that negative thoughts do not provide any solution rather complicate your thinking process and take you in wrong direction and you land to a wrong solution. One wrong solution can multiply itself and problem can become multidimensional and multifaced. So, it is essential to keep in mind that positive thinking will lead you to have a healthy mind. Even when talk on phone, select people

with whom you want to talk more. Talk to people who gives you positive vibes. It will help reducing your unwanted stress. Always have a good person in life whom you can share your issues, problems, feelings etc. without any fear. Such a person can be a very big support in difficult times. S/he can listen you and that helps you in your catharsis.

Dealing with stress

Stress is reality of today's life. We all face stress in our life. Stress can be of anything such as responsibilities, job demands, over expectation, no relaxation time, over work, unhealthy environment etc. But in majority of cases person knows the reason of stress but feel helpless to deal with it. S/he even keep thinking about the act which is the cause of stress. Rather, need is to divert the mind from the cause of stress. Generally people can go out for a break etc. but in current situation that is not possible. So, a person can do very little things in life to be stress free. First stop thinking about the cause of stress and do any other activity for deviating mind from that cause. Then do activities like go for a walk at safe place, give time to your pet if you have, spent time in gardening, write a diary about your experiences etc. Do not ever forget that happiness is the bases of life. Always keep humour live in your life. Practices which keep you happy will definitely work as stress releaser. Laughter helps effectively, in relaxing and reducing stress. Do not overload yourself with work neither home related nor professionally. This over load will be visible in your behaviour, reaction and performance. Stress reduces your work efficiency and hinders thinking process. So, taking out appropriate time for relaxation from your busy schedule will help you feel good and give you time to think new and fresh ideas. You can also identify your stress releaser. Sometime people know, doing what will make them feel better but they could not take out time and think it is not related to stress or declining of performance. Such analysis is important. If nothing is working out than leave everything for some time and (a day or two) start a fresh. You will see lot of changes in your thinking, decision making and performance. So, always try to keep yourself stress free. It is also good, some time to keep your mind quiet and not interacting with any external events.

There are lot many ways which can help you to become aware about your stress level such as talk to an approachable and sociable face, talk to your senses, give importance and value to your leisure time, make time for review and gratitude, use any relaxation activity, understand and deal effectively with your emotional needs etc.

Work on achievable and realistic goals

We have different aims for different domains in life. We set different objectives to achieve these aims. But in current situation, it is necessary to keep or set realistic goals which can be achieved. Too much failure definitely promotes negative thinking. We are living in a very restricted zone in every sphere or life, so goals also to be set accordingly. Unwanted pressure will

definitely develop stress and anxiety. It does not mean that we need to suppress our aims but we have to plan them strategically, so that we can achieve them. To achieve these goals we need to write down the steps so that we do not deviate from our aim. We must do a situational analysis for both; setting the goals and ways or methods can be used to achieve them. Gape between these two will disrupt the entire process. In current time, keep your goals short and precise.

Think beyond routine work

During this time, we have a fixed schedule and we keep repeating it every day. This generates boredom, dullness, wearisomeness in life. Therefore, you must do something beyond routine work within whatever is available and possible. This breakup will put you on a different path of happiness and will take you away from dullness and boredom. There will not be much scope but doing same work in different ways can give you some space of braking the monotony, such as watching new programmes, décor your drawing room with new pictures or replace them with from any other room. This change will give you newness in your old context. If you are an academician, read something which is not your specialization. You will get even new ideas for your own specialization and by doing this you can break the monotony. This will help you to keep your mind and thinking healthy. It happens because, as specialist of an area you already know lot many things, so if you go to other area for exploration, you will get to know new perspectives and ideas. You are the most eligible person to decide what will break this prevailed monotony in your life, so keep trying.

Minimise or avoid cigarette and alcohol

It is not for all parents as everyone do not consume these, but those who consume must understand that it may not be a good idea of undue intake of these things. Generally people use them as defence mechanism. But, gradually it becomes habit. Children will also observe you and learn something which you do not want them to learn. So, be careful about such intakes. Over intake will also make you self-cantered and you may not be able to understand others' perspective which is most important at this point of time. So, avoid or if cannot, minimize these intakes.

Need help, ask for it

You are most responsible person and it is very important for you to be healthy. So, if you feel, you need help, just ask for it, before it's too late. Seeking help when you need it shows your positive perspective toward life and others, it is not a symptom of any kind of weakness. Some time it happens that we are not able to deal the problem alone and need help from other person, whether in interpreting the problem, or setting up strategies, or analysing the problem etc. Do not behave for the sake of sacrifices. This will also help in cumulating the problems which may cause bigger problem later. So, as said earlier, keep a good friend with you for openly sharing your concern.

No need to cover every step

You must be doing different things every day, in some you get success whereas in others you may not. You will be able to make some people happy and some not. All this is absolutely fine. You need not to take this burden on you that you failed. Do not live with this guilt of failure or satisfying everyone. Do your best and then let it be. Think more about your efforts you have made, instead what you have achieved. Priorities your work, you want to do. Do not try to do everything every time. It will generate chaos and complete disorder in thinking and action too. So, to avoid this, it is important that there is no need to 'cover every steps of staircase.'

Learn to take blessings in disguise

Current situation is vulnerable for all and everyone has to deal with it as per their ability and understanding. Always keep in mind, stressing about the available situation will not help. Need is to think, how to make this crucial time more useful, happier and productive. Consider it as a blessing in disguise and do things you always wanted to do but could not because of time and other constraints such as spending quality time with children and family, any hobby, reading, gardening etc. You must be having a list of things which you always wanted to do. This is the time you do this and convert stressful time in more useful and productive endeavour. You can see it as experimental phase also, where you learn to convert negative environment into positive.

Do not be harsh to yourself

As parents you must be doing good to your family. But some time you fail doing it or you exert too much to do this. Always remember, you are also a human being, you have body like others, feeling like others. This exertion is not good for your mental health. So, do not be harsh on you whether for failure or not achieving what you wanted to be. Treat yourself also with love and care. Take proper care of your physical and mental health

IV. CONCLUSION

The current situation is very grim and everything is uncertain. COVID-19 has imposed lot many changes in our life. There are different issues bothering the world related to security, health, food, education and even life of people. But we also need to understand that we all have to keep hope alive in ourselves, so that, we can face this situation with planning and safety. This time is not only critical for physical health but mental health too. This is also a reality that people do not accept mental health as important as physical health and there are reasons for it. But the awareness about mental health issues in this critical time is very important. Lot any things are changing and we have to learn to adapt accordingly, though this sudden change is challenging and difficult. Children face difficulties in dealing such situations effectively and this can cause to their ill mental health. They may behave different from earlier as they have never seen situation like this and therefore, they may be having numerous questions to be asked, they will show unwanted tantrums, withdrawal, anxiety, dullness, nervousness, apprehensiveness etc. They may also show sleeping disorder, unhealthy food pattern,

disinterest in studies etc. So, parents have to be aware about their unexpected changes in behaviour and ways of handling them. Parents or caregiver have to be sensitive and should avoid imposing anything. Interaction and dialogic process will help in dealing with problems. Parents and caregiver also should take care of their own health too. They will be working with double pressure. So, it becomes essential that they should be mentally healthy. To need is to be stress free and to keep their mental health good. They must assess their mental health and should give value to themselves. It is important for them to be cautious about their physical health and always welcome positive ideas, so that, mental health and physical health can be maintained. Stress is the most silent killer and cause of ill mental health, so, it is important to avoid it. One should work with realistic goals along with flexible routine. If need occurs, should ask for help. Situation analysis is very important before taking any decision. Always remember positive ideas, optimistic thinking and confident actions which are based on positive attitude is most important tool to deal with this worldwide epidemic. So, think positive, be happy, stay connected and rationalize your thinking and actions.

References

- Kumar, S. (2015). *Child Development and Pedagogy*. Pearson: India
- Langston, C. A. (1994). Capitalizing on and coping with daily-life events: Expressive responses to positive events. *Journal of Personality and Social Psychology*, 67, 1112-1125.
- Peluso, M. A., & Guerra de Andrade, L. H. (2005). Physical activity and mental health: The association between exercise and mood. *Clinics*, 60(1), 61-70.
- Saxena, S., Van Ommeren, M., Tang, K.C., & Armstrong, T.P. (2005). Mental health benefits of physical activity. *Journal of Mental Health*, 14(5), 445-451.
- UNICEF (2020). *Key Messages and Actions for COVID-19 Prevention and Control in Schools March 2020*. Retrieved on May 20th, 2020 from https://www.who.int/docs/default-source/coronaviruse/key-messages-and-actions-for-covid-19-prevention-and-control-in-schools-march-2020.pdf?sfvrsn=baf81d52_4&gclid=CjwKCAjwqtqj2BRBYEiwAqfzur3J1vV7JaP1vufARL_Os_MBZ4WVGjrgzG7nPq1QVzBUf6mIoQzgJMMBoCNokQAvD_BwE