



The Mira Press

The Me in Mental Health

FOR STUDENTS,
BY STUDENTS

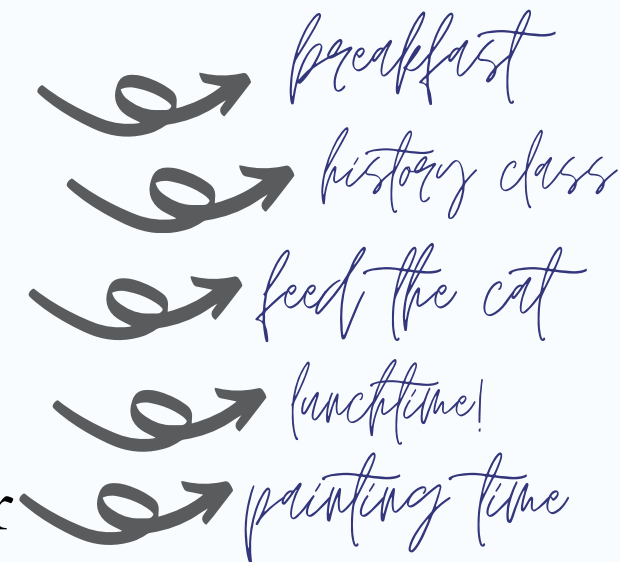
VOLUME 1 | 18TH JULY, 2020

A Simple Mental Health Checklist

With the pandemic raging around us, being homebound has never looked drearier. The drastic changes to most of our daily lives is bound to have an effect on our mental health, but here's how to lessen the negative impact on our mental health.

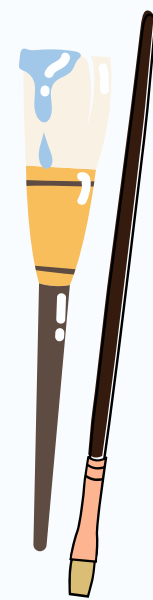
● ESTABLISH A ROUTINE

It's easy to feel like you're losing control over your life when you don't know what you're doing everyday. Establish a routine that allows you to check off daily activities and stay productive, while structuring your day to make the most of it!



● TAKE TIME TO UNWIND

Do what makes you happy! Take out some time from your day to work on a hobby, be it painting, crochet or cooking. Hobbies and interests will help reinforce positive energy, and will keep you motivated to start each day with your best foot forward; looking forward to a stress-buster!

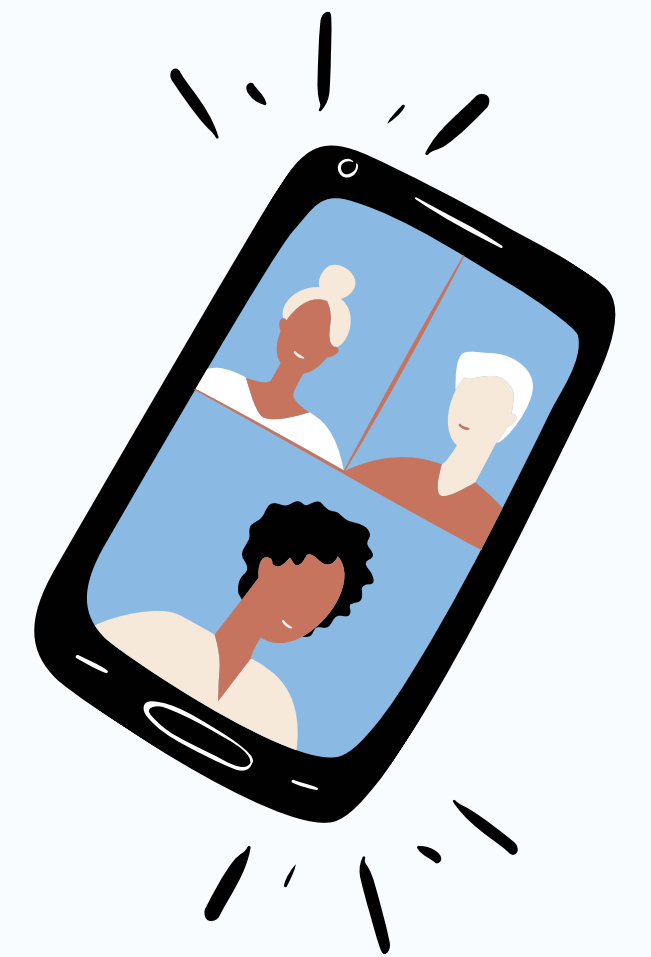


● STAY ACTIVE

In quarantine, exercise is the last thing on most of our minds. But exercise helps you release pent-up stress, anxiety, and promotes physical health. It's also a great way to keep your immunity up!

● COMMUNICATE

Keep in touch with friends and family; quarantine will only intensify social isolation. Take a moment to speak to those at home, video call your friends, and interact during online classes, if you have them. We're all in this together and staying connected will strengthen a sense of community!



● LIMIT SOCIAL MEDIA AND NEWS

While it's important to stay aware and updated in terms of world and national news, negative media can worsen feelings of hopelessness and helplessness. Social media is also prone to project questionable ideas and attitudes, and without positive reinforcement, they may interfere with your mental health.



Labyrinth

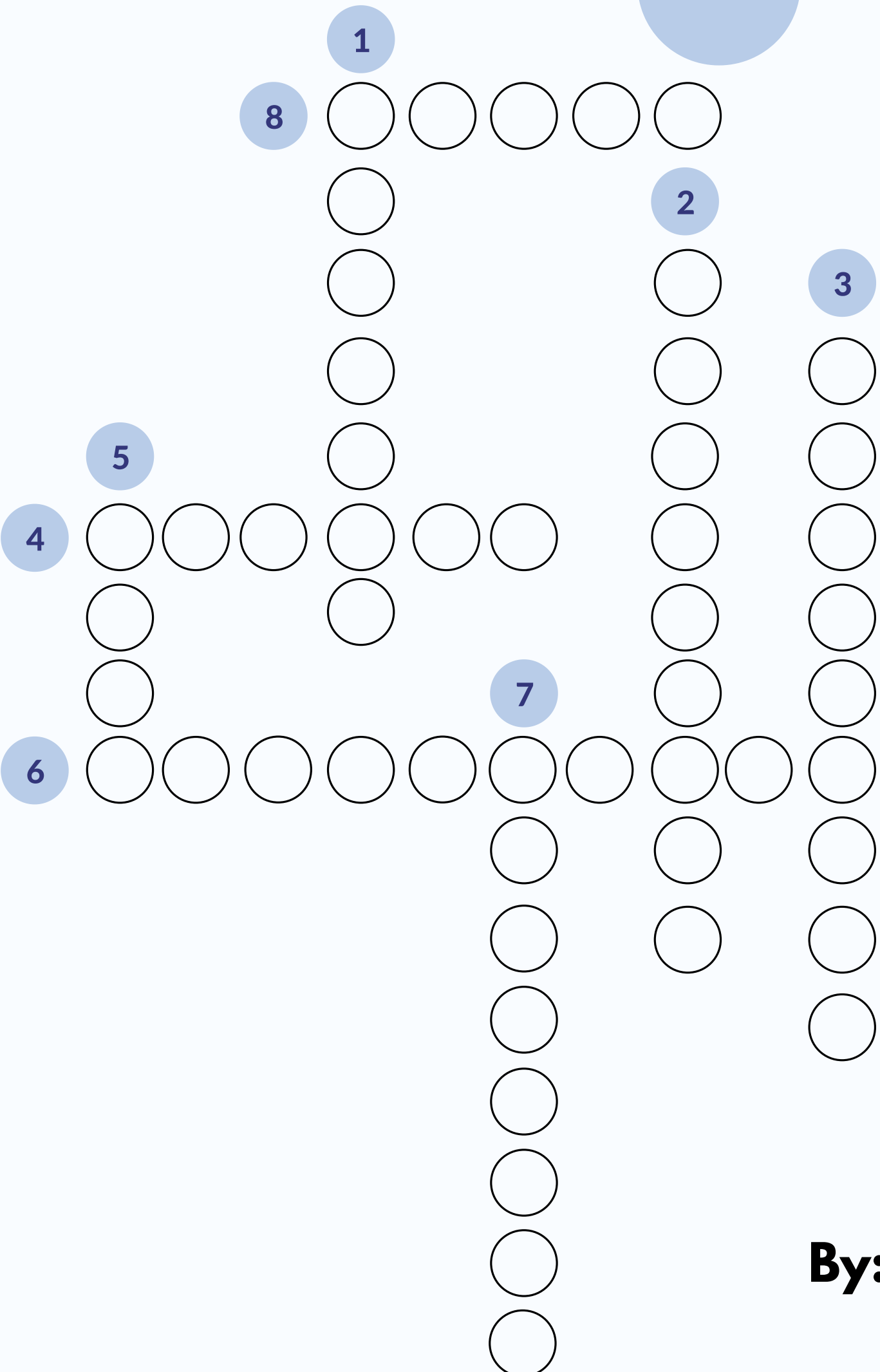
I'm just like those old abandoned houses.
Scarred, burned, and broken, yet beautiful.
Cold, yet warm.
I smell of dried flowers, burned letters, nostalgia and dead emotions.
What endures, anyways?
Whether it be houses or humans?
The writings on my skin are fading, dissolving in the endless void of the empty.
Whilst some are imprinted leaving a scar or a label, the only things that ricochet are the bullets shot by transience.
The fun part is that I've been different things to different people, for some barely a property, for some a roof over their head, a home to some and an inn for nomads who were tempted by the view outside.
I have visitors once in a blue moon, those evil creepers who snatch away my solitude from me.
They make everything dark and cold, they point out at my flaws quite out rightly, sucking the happiness out of me and inject a deadly poison.
The kind of poison that consumes you completely making everything miserable and slowly the walls start caving making it hard to breathe.
But I'm a survivor perhaps, I've survived worse things.
My heart is a colourful room with fairy lights and a roof full of stars, the paint falls little by little every day and some walls are completely broken to the last brick like they were struck by lightning, you may call it the wrath of god.

Then there is that locked up room I don't have the key to, dark and full of broken things,
emotions and memories left forgotten, it is fuelled by disappointments, loss, grief, fire and desire.
The last time it was opened hell broke loose carried by storms and destruction.
Then there's the labyrinth above with books stacked up neatly, it's the best part of the house and that is where I live, stuck- would be the right word perhaps.
I'm the prisoner of my own labyrinth.
I suppose I've spent more time thinking about how to escape the labyrinth than actually trying to escape it and that's what keeps me going, using the future to escape the present.
I always thought why the only place so full of life felt so dead or the place so full could feel so empty.
Then I thought about the good memories of those beat up kids who drank too much and kept blabbering the whole night. Their voice echoed making it less lonely.
I don't know if there is any hope left anymore for me or maybe just another storm lightning or hellfire.
Maybe someday someone will find a whole new universe inside me.

Writer: Akanksha Balkawade
TYBA



MENTAL HEALTH CROSSWORD



- 1 The fearful anticipation of further problems
- 2 The state of being comfortable, healthy or happy
- 3 The state of being happy
- 4 _____ health includes emotional and psychological health
- 5 A temporary state of mind or feeling
- 6 A mental condition characterized by feelings of severe despondency and dejection
- 7 Deliberate infliction of pain to oneself
- 8 Harmful use of psychoactive substances like alcohol, drugs, etc.

By: Ummesalama Karu TYBA

First, Things Fürst!

On our way to the grocery store...

to maintain six-foot social distancing!

keep your masks on!

If the glove doesn't fit, get some other gloves!

If you're out and about, do your laundry more often!

Doctor Schnabel von Rom (copper engraving):
Höllander version- Paul Fürst

Staying Busy

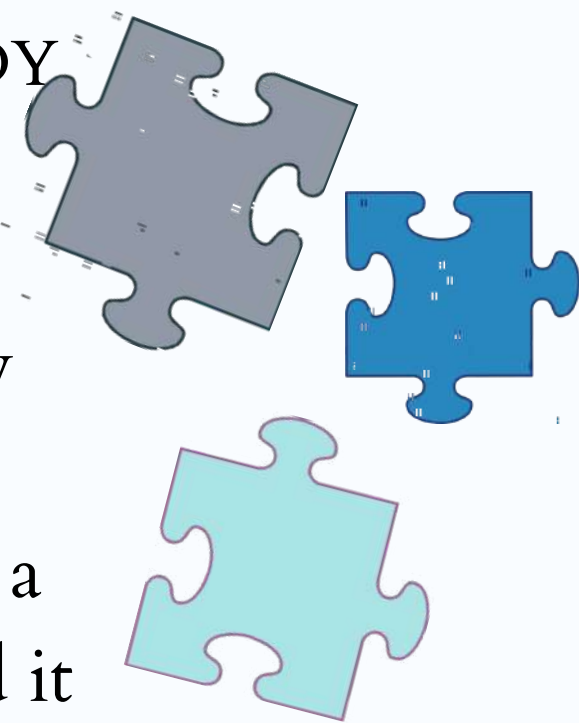
Bored! That's the general mood these days. Nothing excites me anymore and this foreboding sense of doom and gloom has gotten to me. If it's the same with you, do what I did; pick up a hobby, do what your heart desires. When we started Googling hobbies, what caught my attention was –'Top 10 Hobbies for Girls'. How enlightening! So, in complete defiance of patriarchy, here's a list of activities ANYBODY can do.

PUZZLES

Working on a puzzle is a particularly great hobby when the world feels like it's falling apart (ahem). Literally putting something back together can be a peaceful and powerful act during hard times. And it allows you to create something without having to be super-crafty.

DECLUTTERING

This one might sound strange, but believe it or not, decluttering can become pretty addicting once you get into it. Some people have even created businesses around helping people declutter! As a bonus, this is actually a hobby that might pay you, since you may decide to get rid of some things that others will pay for.



GAMES

After decluttering there's a possibility that you may find unused childhood games and you might drown in the sea of nostalgia. To reexperience the joys of childhood start playing indoor games like UNO Cards or Monopoly or even Snakes and Ladders with your family. Additionally, you'll feel like the queen of the world when you win!



MAGIC

As long as you have a pack of cards or some coins (bonus points for a scarf or a flock of doves), you can learn some simple magic tricks. Follow along with video tutorials on YouTube and the next thing you know there's a Hogwarts acceptance letter waiting at your doorstep.



LOCK-PICKING

Not only is lock picking incredibly useful in emergency situations, it's also just dang fun knowing you can out-manuever a mechanism which most people just assume is resistant to all but brute force. Rather, with some finesse and know-how, the lock picker can keep his doors in a single piece and save the hassle and cost of calling a locksmith.





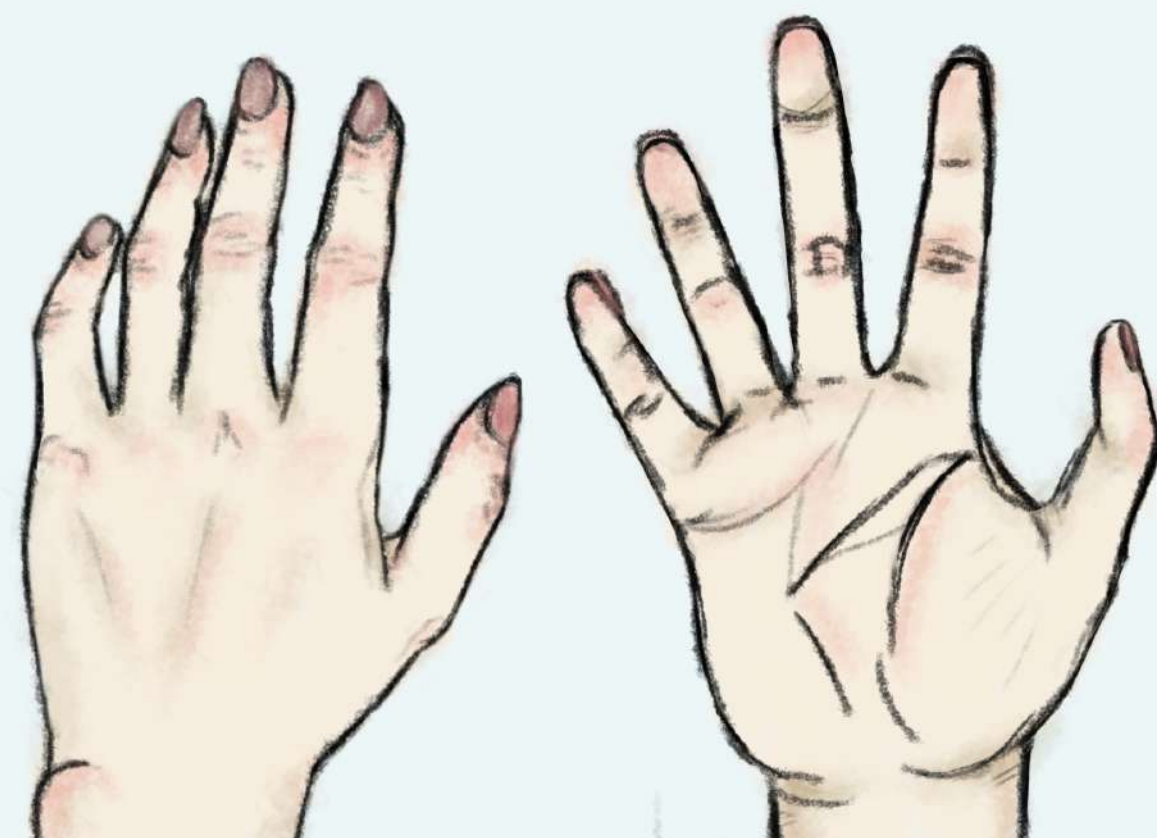
On most mornings,
when I wake up

I feel myself fade

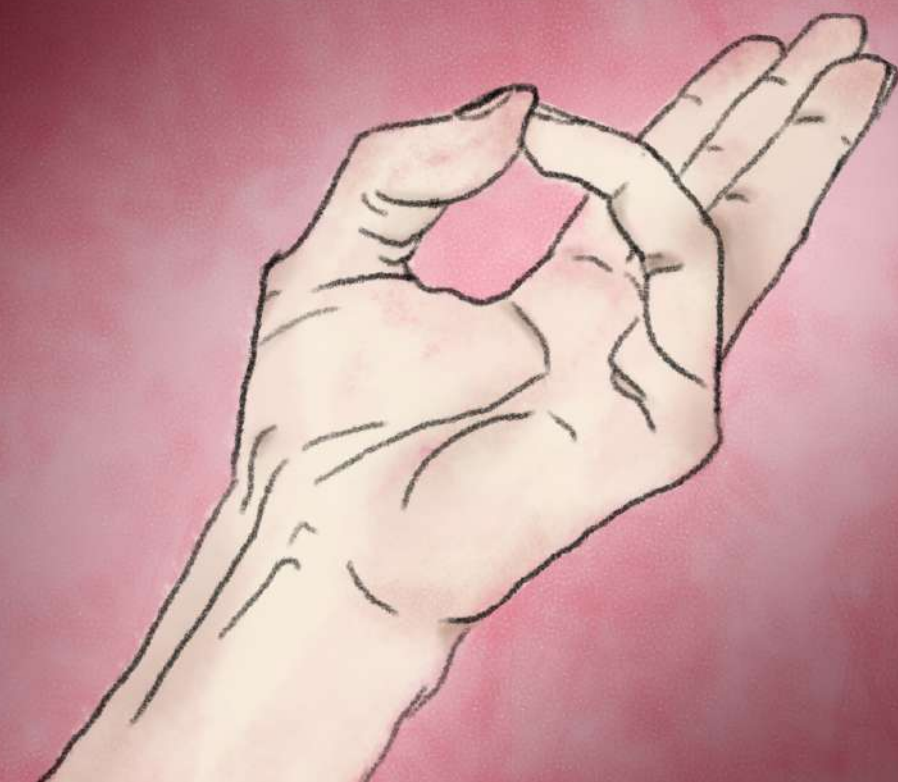


but as the day ends
I lie in bed

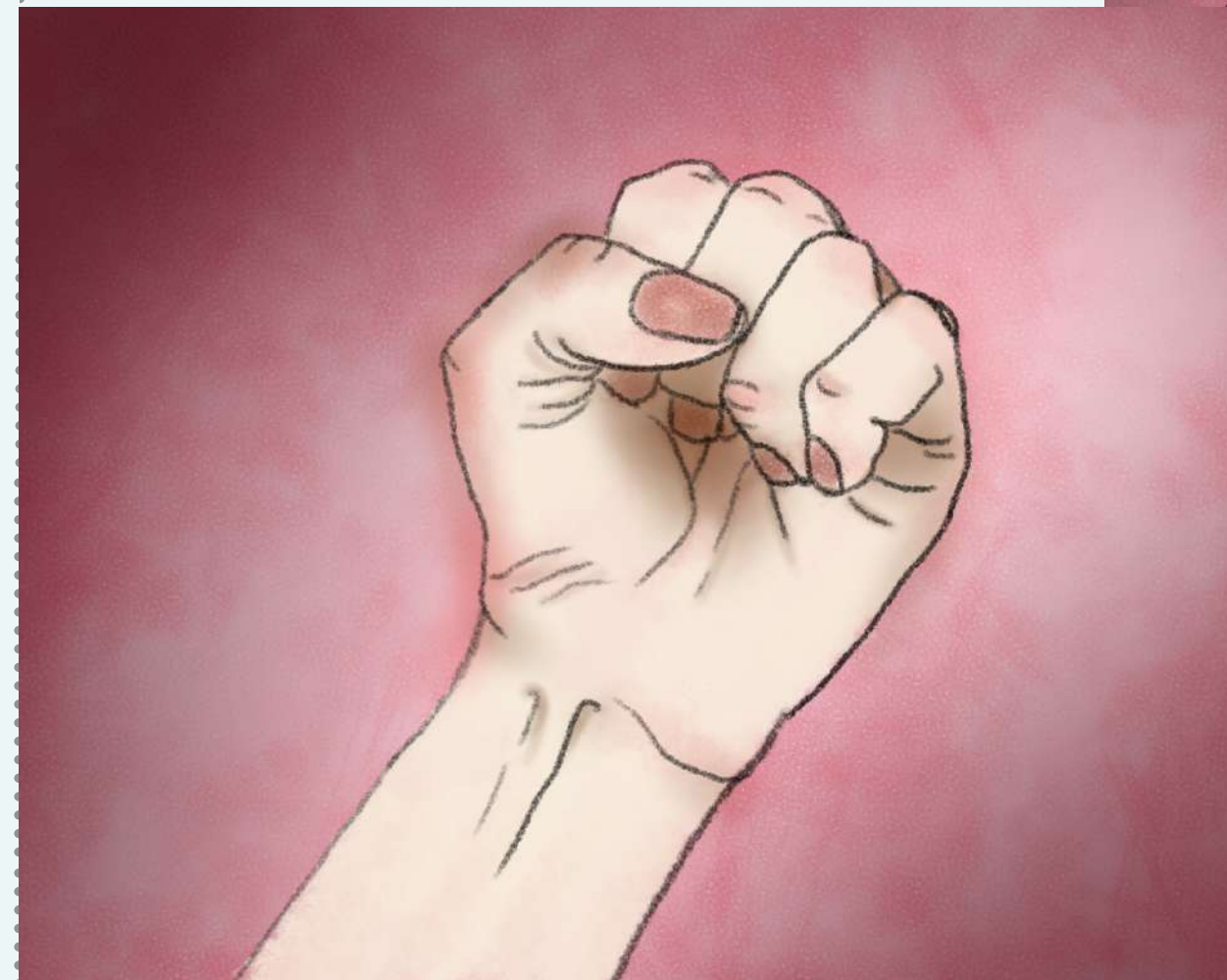
each finger
goes numb



and touch the pad of
each finger to my
thumb



And I seem to loose
my grip on reality



to remind myself
that everything
is within my grasp

**By: Arman Chagla
TYBA**

A Student Speaks

They say necessity is the mother of all inventions.

COVID-19 is a term that everyone now associates to the lost lives of lakhs of people all over the globe, apprehension, tons of medical jargon; and change. This global pandemic has been the source of a lot of changes in our world which otherwise, in all probability, would not have happened; at least not this soon.

When my college announced that it will remain shut for the time being and that examinations will be postponed, I immediately packed my luggage and took the first flight out of Pune to Kolkata, to my ancestral home where my parents are currently residing. Honestly, I expected to stay here for about 2 weeks and come back once the revised examination timetable was announced; half my luggage was filled with academic books. However, life has a funny way of unwinding itself. 2 weeks passed, and soon a month.

It has now been close to 4 months and I'm still here, with no immediate sign of returning back to Pune. In this long span of time in which I was (and still am) homebound, I think I've undergone a slight shift.

From a vacant unknown feeling that seemed to reside in me for the first few weeks, I've now adjusted; adjusted not only my physical daily living schedule and routine, but also my mental state. It is but human to look for comfort in others, but when that sanctuary is taken away from us by force, we have to adjust to the newer circumstances or wither and perish. It is also human nature to fight for survival and so I adjusted- it's taken a long while, and I do miss my friends and loved ones that I haven't been able to see or meet for a very long time. But somehow the pain isn't acute, the gap in my heart is there; it isn't an open wound, and I know how to take care of myself now.

Self-sustenance is a concept, a lifestyle that we all have had to adopt, to varying degrees due to COVID-19 and that is why I say, necessity is the mother of invention.

Due to unchangeable circumstances that a global pandemic brought to our doorstep, the changes, the various inventions that will follow will be a sight to see.

A new way of living is emerging.

**Writer: Ritwika Kanungoe
TYBA**



CURATED
BY

Arman Chagla
&
Ummesalama Karu



[@st.mirascollege](https://www.instagram.com/st.mirascollege)

CONTACT 9834622693 / 9423004063 FOR QUESTIONS AND CONTRIBUTIONS