TIPS FOR GOOD MENTAL HEALTH FOR STUDENTS AMIDT COVID 19

Mental health is the level of psychological well being or an absence of mental illness.It is the state of someone who is functioning at a satisfactory level of emotional and behavioural adjustment.It includes our emotional,psychological and social well being.

Heading off to college or university can represent both the best and the worst of times for young people.Just as they are opening the door to increased freedom,learning opportunities and social connections,they are also at risk for the onset or worsening of mental health issues,which can later be accelerated by the pressure to excel,the stress of multiple assignments and as at now the effects of the ongoing COVID 19 pandemic.

Sadness,anxiety and other difficult emotional experiences are part of the human experience that can't be avoided amidst the pandemic thus the listed tips could be of help t students especially at the college and university levels :

1. **Remembering the basics:** This includes getting enough sleep,eating well,and exercising regularly.This may sound simple but due to mental uncertainties, mental health is built on top of these basic habits.

2. **Access student services:** Majority of universities and colleges these days offer some support these days.This will prove important as it will help prevent the students from being overwhelmed by the transition process bearing in mind that the closure of the learning institutions came in abruptly.

3. **Focus on the positive:** Historically, students were wired to be alert for danger in order to survive.Thus they need to helped to work on rewiring the brain to see the positivities amidst pandemics.It is important for students to find things that turn off their fight and fright reaction and turn on their rest and repair reaction amidst the COVID 19 period.

4. **Maintain social connections:** They may be used to being sorrounded by thousandsof fellow students and now with the lockdown and social distance,it comes along with unusual loneliness. It is thus important that parents should be accessible even via calls and text to assure them that they ain't alone.

5. **Use an agenda to stay on track:** Daily to do lists will help the student to prioritise what needs to get done ,and thus prevents them from being overwhelmed by thoughts.

6. **Watch for warning signs:** COVID 19 came down and majority of students and faculty were blown away as they didn't see the warning signs at the time.So being alert saves the mind of life's shocks

7. **Build healthy habits:** Campus life presents plenty of opportunities to engage in unhealthy

behaviours such as drinking and taking drugs,and especially now with closed institutions ,idle mind and the pandemic stress,the young people tend to be affected mentally.But as it is said " one should choose wisely since his or her life is made of what he or she chooses",the online class option would be a better choice as it will shape the students habits and routines.

8. Talk openly about mental health issues: Stigma and shame still play a major part especially to those who are either infected or affected by the virus.So if mental health issues aren't discussed openly,it stifflres any thought students might have of coming forward.Parents should also engage their children or rather young adults in this discussions to increase their confidence in speaking out rather than sinking to depression.