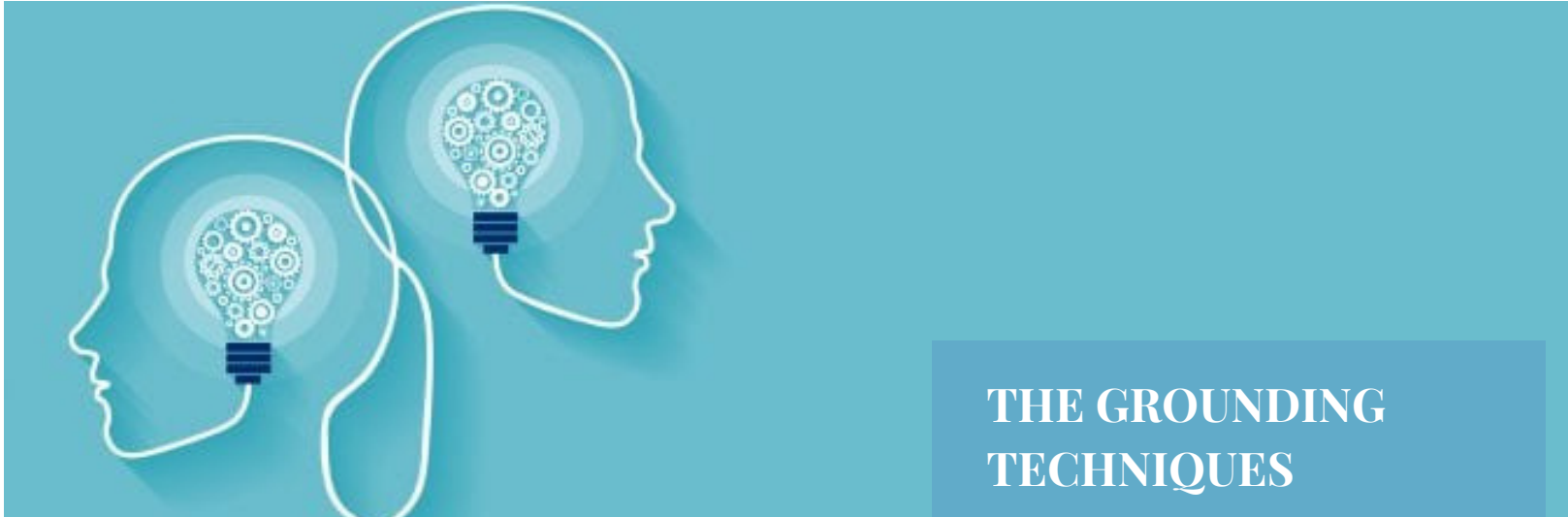


INSIGHT

WTC COMMUNITY WEEKLY



A Healthy Mind

This year's World Mental Health Day, on 10 October, comes at a time when our daily lives have changed considerably as a result of the COVID-19 pandemic.

The past months have brought many challenges for people from all walks of life. Those with mental health conditions in particular may experience even greater social isolation than before.

It doesn't have to be that way though. Annelia Sari Sani, head of Indonesia's Clinical Psychology Association task force to contain COVID-19, stresses the importance of forming a new routine and redefining mental things into a source of happiness in order to achieve resilience. To respond to anxious and uncomfortable feelings, she recommends the 'grounding' techniques.

Proper education is important in finding solutions to mental health issues in Indonesia, she adds. And it starts when people reach out, it means people understand they are facing problems and it is part of being resilient.

A professional help is also one call away, dial hotline number 119 ext. 8.

THE GROUNDING TECHNIQUES

Physical techniques

- *Breathe deeply*
- *Savor a food or drink*
- *Take a short walk*

Mental techniques

- *Play a memory game*
- *Recite something*
- *Make yourself laugh*

Soothing techniques

- *Practice self-kindness*
- *List favourites, positive things*
- *Plan an activity*

healthline.com

Yours truly,
the community editor