

## **MESSAGE FROM COUNSELLING UNIT**

### **Office of DSW, UOH**

During this COVID-19 pandemic, having to remain in isolation is causing worry and distress to many. Some of the worries often noted are:

- ❖ Worry about self and family
- ❖ Fear of illness
- ❖ Stress regarding interrupted academics
- ❖ Uncertainty of future
- ❖ Physical isolation and distancing
- ❖ Prolonged closure of academic spaces, university, entertainment and sports activities
- ❖ Feelings of loneliness

Some behavioral manifestations are:

- Irritability and mood swings
- Anxiety and feelings of loneliness
- Inattention and sleep disturbances
- Anger outbursts
- Emotional eating/disordered eating (excess eating to cope up)
- Increased social media use
- Feeling numb and suffering from low motivation.
- Experiments with high-risk behaviors, such as gambling, sexting, watching pornography etc
- Behavioral and emotional disorders due to spending long screen hours

### **DEALING WITH PSYCHOLOGICAL ISSUES:**

➤ **Awareness gained from authentic sources**

The more we are aware about how we can take care of ourselves, the less susceptible we will be

Adopting are some of the self-regulatory behaviors

- Follow systematic routine of eating, sleeping and exercising
- Stay connected with friends and family.(Virtually)
- Talk to family, trusted friends, and well-wishers, if you feel any mood swings sudden sleep changes etc
- Be creative and spend time on productive tasks
- Focus on self-compassion and learn coping strategies
- If at home, get involved in household work and connect with your parents/family members
- Limit screen time. Select offline and no screen activities

**Psychological Counselling Services at UOH:**

In case of any need felt for psychological support, student may contact by email/text/Whatsapp/call the following professional Psychological Counsellors

- **Dr. Hymavathi** - 9515667087/040 2313 1002 (Female counsellor); Suite - 3  
email: [psychologicalcounselor@uohyd.ac.in](mailto:psychologicalcounselor@uohyd.ac.in)
  
- **Mr. Subhash** - 8008477643/ 040 2313 1003 (Male counsellor); Suite -4  
email: [psychologicalcounselor-2@uohyd.ac.in](mailto:psychologicalcounselor-2@uohyd.ac.in)

*\*\* You don't have to go through this alone. Help is available.*