

## Handling the Covid19 Situation

As we are in isolation due to the Pandemic Covid19, it would be nice to think about how we can free ourselves from the anxiety of isolation. In this reflection I would like to suggest a few ways of handling ourselves to free from the fears created due to this Pandemic in India. It should be handled at three levels. Spiritual, Psychological, and Biological level.

### Spiritual Approach:

One should have a deep sense of attachment to the almighty, during this lockdown. Come what may; the almighty is with me, should be in one's mind and heart. Nothing can shake me without His power and permission. He protects me; takes care of me; guides me.

This strong sense of trust in God will be nourished once we have tasted God's love or attained God realization in our lives. The current pandemic offers an opportunity to the individual to explore and enter into God realization. Once we realize that we are in God's hands, we get rooted into our being.

I am the noble creation of God. I am the most important person in God's creation. I have to appreciate myself for being created as a noble creature by God. I am created in God's image. There is nothing or no one like me.

### Psychological Approach:

I am unique. I am different from others. I am noble. I am what I am. I take care of my well being. I help others. I love myself. I am handsome. I am beautiful. I am lovable. I accept myself as I am.

Others can not influence my being what I am. I don't want to imitate or copy others. But I am open for any change which could promote the well being of others. This self acceptance of oneself as what I am is very important to each one of us to sustain a happy life, healthy life, meaningful family relationships and friendship at this pandemic time.

### Health and Meaning in Life:

Well, one can say that I am psychologically all right with deeply rooted religious way of life. But I am physically weak. How can I face this crisis moment? Another one can say that God is with me but I am poor and I am also sick. Who will feed me and take care of my health? These are vital questions raised by the sick and the poor today. How shall I strengthen my physique when I am not strong enough physically? It is natural for anyone to question the reality of life.

To look after the poor people 's physical well being, the Government is taking efforts to provide some money and food materials. There are some voluntary organizations providing food for the starving people who are dwelling on the pavements. It is not sufficient for the poor who are facing the threat of Covid 19. This external supportive system will not be able to strengthen the inner state of the mind of the individual whether he is a rich person or a spiritual person. Instead, all should think of strengthening their own supportive system which is built in their mind. This system helps us to face the positive aspect of protecting and recovering from the pandemic which we are facing now.

Each one has the ability to adjust to the present condition till the pandemic comes to an end. one should develop the ability to withstand the struggle. Gradually the present condition will change. Here one shall go through stress,

and hopelessness in life. One should discover the inner strength in order to survive in the present critical moment of fear and anxiety. Find out the inherent inner energy and that should be tapped to sustain oneself in a disturbing situation. It has been always in a person as 'survivor self'

(Trotman and Towson, 2012). They say that this 'survivor self' will continue to exist before, during and after a traumatic event. It is the same in the case of Covid 19.

I would like to say that the mind has the important role to play in any critical situation. One should have a balanced mind to face the pandemic Covid 19. Because every thing starts from the mind. We say that to lead a healthy life, we should have a sound mind in a sound body. To isolate oneself from others is not the easy way to all of us. Most of us were not used to this new type of isolation. Imagine what would happen to a bachelor who lives alone. This may cripple the individual's freedom.

To become a balanced person one should free himself/herself from the emotional or volitional habits of a neurotic nature. One should develop optimism.

One should move his /her inner energy towards positive aspects during the hardest time like the present lockdown. Develop a new pattern of living with adjustments. Learning to adjust will be very useful for one's life.

On the whole one's mind set leads to psychological maturity through which happy life and a balanced life is envisaged. Once this equilibrium is attained, one will find a value in life. He/ She will also find meaning in suffering, the suffering of facing the lockdown. Finding a value and meaning in the lockdown may lead one's life as a responsible citizen. So make use of this lockdown to redesign your life. This experience of balanced life during the lockdown shall make the individual adapt one's life situation in future to face any risk factors in life.

Rev. Dr. V. Gilbert Camillus, S.J.

Students Counsellor

St. Joseph's College, Trichy.