

A Humble Request

Today, the second storm of COVID-19 has shaken our physical and mental health. The outbreak of disease, lack of system, and mismanagement has disturbed the human from inside. I am a psychiatrist. Today I want to share some of my experience with you on this subject. After all, it is also my social and moral obligation. Nowadays, people come by phone or on their own and mainly discuss following problems:

1. I do not have normal sleep pattern.
2. The mind remains extinguished, that is, depressed.
3. All my business has been destroyed, now I do not feel like living.
4. My children are very upset.
5. My children are in their teens (13–19 years), they are irritable on everything.

The answer is simple: India is badly trapped in the second cycle of the Corona epidemic. All preparations at the government or private level have collapsed. As a result, the basic trait of life, that is, hope is becoming extinct from us, whereas since childhood we have been hearing that there is breath if there is hope. Therefore, do not give up hope. The great American clinical psychologist Anthony Scioli says that hope or hope is part of a person's character and personality. Always remember, no human in this world brings 'Hope' with him from birth. Therefore, no one should become an exception to this. Muscles are minimal at birth in any person, they develop with age. A fine hope also develops slowly. They believe that there are four types of hope.

1. **Attachment Hope means attachment:** It is used for building relationships and trust. With this support, relationships and hopes of living life get strength.
2. **Mastery Hope:** With the help of this hope, any person is able to succeed and strengthen himself. People with the hope of mastery always take inspiration from ideal personality.
3. **Hope to survive:** It is the hope of great work. With its help, you keep calm and find a solution to get out of any of your problems. With its help, you also manage your fear or phobia.

4. Spiritual Hope: With the help of this you feel yourself closer to nature or human. This gives you an extra sense of security in you.

Conclusion: Start living with Hope. This will reduce all your mental troubles and you will feel relieved from restlessness. You all will remember the beginning of the great mythological serial 'Mahabharata'. First of all, there is a wheel on TV, the wheel rotates and a voice comes from behind: 'I am the time – and I am not only a legend of yesterday, but I am also giving the experience of strengthening the future to the human being'. The truth of life is hidden in the cycle itself. You must have seen the ream of the bicycle, it does not always stay down, but it goes up and down when the paddle is moved. Here is paddle karma. The fruits are up and down and come and go. Therefore, do not be discouraged under any circumstances. Hopefully tomorrow will be good.

Today's people's discussion is badly disturbed. The fear of dying of self, the sorrow of separation from relatives, hospital, oxygen and ventilator killed, etc. questions are not letting you sleep. This uneasiness of yours will only and only leave you sick. This will not solve the problem. Today you need to be healthy. Follow all measures to prevent disease honestly.

Psychology believes that a person is more worried about the future than the present. But you should start living in the present more than the future. Encourage children to pay more attention to creative activities (painting, cooking, music, gardening, etc.). Appreciate the children for their small achievements. Give him full love and respect. Keep away from television news. The figures are frightening for children. In recent times, irritability is also not a disease in adolescent children. They are the result of present circumstances. Do not interrupt him in everything. Encourage him to engage in his hobby. Allow to read biographies of great people through internet or other mediums or to watch programs you like.

The people of the house should talk to their relatives on the phone. Listen and help them as much as possible. It is possible that one of your consultations will prove to be a panacea for them.