



Being Positive During COVID-19

By Rani Sailaja Dronamraju

The epidemic of COVID-19 is exceptionally difficult for many individuals. The fear of them or their families contracting COVID-19 is overwhelming anxiety that is impeding a person's happiness. Quarantine due to COVID-19 is the reason for loneliness, hopelessness, depression, and anxiety. Some report that they feel unmotivated or have no energy. With some sectors of the society opening gradually, there is a mixed feeling of apprehension, doubt, fear, and concerns. These feelings tend to be demotivators in the transition back to normalcy or a modified normal.

In order to have a smooth transition, it is essential to be mindful of yourself, your capabilities, and your strengths to facilitate a normal return. It is easy to follow these simple tenets to bring out our inner strength:

The first tenet: Be aware of the situation and accept it; Face what is happening and make it meaningful to you. Acceptance allows you to say "It is what it is. These are things I can do or not do".

The second tenet: Be aware of inner energy, your anxiety and focus on minimizing your responses. Remind yourself that the situation is not forever. Do not drain your energy fighting the odds.

The third tenet: Tap into your positive energy; Treat your well-being as the biggest priority. Unclutter your living space and your mind.

Use your inner strength and these simple mindful ways to cope with these difficult times and be positive:

- Be aware of your inner strengths. Difficult times make us reflect on our weaknesses. Stop and remind yourself of your capabilities, skills, and talents. Learn new skills, practice new methods.

- Practice mindful methods such as mindful breathing. Everyday take a minute to just sit and observe your breath. Feel the peace of your breath and relax. Use different mindful guided meditations. Reach your inner creative self. Also practice compassion, kindness to self and other others in your life.
- Regularly practice gratitude- Be thankful of all the different things you have in your life. Process daily what you are grateful for. Journal or open the topic for discussion. Work on enhancing your coping skills by practicing self-care methods such as exercise, walking, meditation, prayer, and yoga. Be gentle on yourself and try to enjoy what you do, so it does not add to your stress.
- Simplify your day and life. Try to not plan too many things. Balance your activities you do each day. Take a media break every day. Tell yourself that it is ok to do nothing for some time. Watch the clouds or the birds outside your door.

It is a challenging and difficult time for everyone. Most of us want things to go back to normal. But it is essential to remember that even if things go back to being 'normal' it is going to be a new normal. Be in the moment and optimize it to give you happiness with what the moment presents to you.

Mental Health Issues Webinar - Recording Available Now

MaiFS conducted a webinar to focused on mental health issues. Mental health issues can affect anyone, but there is a huge stigma attached to them. The panelists on this well-attended webinar were Dr. Raj Rajerethinam, Dr. Sushma Chandramouli, Sailaja Dronamraju, MSW and the moderator was Lalita Ghosh, MSW.

The recording of this webinar is available to anyone interested in learning more, please visit [MaiFS website](http://www.maiFS.org).



MaiFS is a Recipient of United Way

Grant!

MaiFS has received a grant through United Way's COVID-19 Response Fund, to help us serve our clients better at this critical time. We are proud to partner with United Way of Southeast Michigan to meet the needs of our community during these challenging times. We are grateful for your support.



United Way
for Southeastern Michigan

Our sincere appreciation to SABA

Foundation!

MaiFS has also received a small grant from the South Asian Bar Association's (SABA) COVID-19 Emergency Grant Funds. With over 28 chapters in the USA and Canada, SABA provides a "forum for professional growth and advancement and promotes the civil rights and access to justice for the South Asian community." MaiFS has had a long relationship with the Michigan chapter. We are grateful for your support.



Be a Buddy, Not a Bully. Kindness Matters!

By Bharati Peri

Bullying can happen to anyone, anywhere; it is a serious problem in our society, most commonly occurring in schools. A bully can be anyone: a boy, a girl, a child, an adult, a parent, or even a friend. Bullying can be physical, verbal, emotional, and even occur online (Cyber bullying), leading to various mental health problems. Repeated bullying can lead to feelings of anxiety,

depression, rejection, and isolation that can ultimately contribute to suicidal behavior.

Children and adults can all be victims of bullying. The pandemic has created perfect opportunities for spousal bullies to terrorize their victims. With families in lockdown, domestic violence (DV) has seen a steep surge worldwide. Women and children's safety are a major concern everywhere. If you or a loved one is a victim of bullying, call us.

At MaiFS we care and our team of dedicated mental health counselors are available for culturally competent services for your help.

Thank you for supporting Mai Family Services!



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