



Breathe

A handbook for the well-being of healthcare workers during the pandemic and beyond

Disclaimer:

The contents of this book are the creative products of the contributors. This book is not meant to replace professional consultation. If you or someone you know is experiencing severe distress, please seek professional help.

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About the Cover:

The cover illustration is a depiction of the stress and negative emotions experienced by healthcare workers that conveys a sense of 'filling the person up'. Throughout these pages, the illustrations convey a sense of release of these negative emotions through the various activities and techniques,



Editors' Note

It's not easy being a healthcare professional in these trying times. We medical students will forever look up to your dedication towards your calling. Your commitment to your patients is an inspiration for generations to come.

It is natural and normal to feel helpless, anxious and burnt out, all the more when you have to continue to man the front-lines in this battle against time with a brave face.

We have put together this booklet in an attempt to make things just a little better and help you take a much-needed breather. We have collated a selection of mindfulness exercises, puzzles, open letters from school students, along with formal resources, strategies and other activities and recommendations.

We have included tastes of various different activities in the hope that each one of you finds something to help you in this book.

-Reuban Roshy
Dhwani Ravi

Acknowledgments



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- Mr. Robert Khin, Principal, Bethany High School



Dedicated to all the healthcare workers who served, are serving and will continue to serve, come what may. Thank you for staying and fighting through each crisis, all the hardships and every moment of danger. To all the healthcare workers who worked until the very end, we are forever grateful. This is in your honour.



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Take the questionnaire on the following page and then pick an activity that best suits your present state of mind



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Keep a check on your Mental Health

The Depression, Anxiety and Stress Scale - DASS 21

Lovibond, S.H. & Lovibond, P.F. (1995). Manual for the Depression Anxiety & Stress Scales. (2nd Ed.) Sydney: Psychology Foundation.

Please read each statement and assign a score 0, 1, 2 or 3 which indicates how much the statement applied to you over the past week. There are no right or wrong answers. Do not spend too much time on any statement. The rating scale is as follows:

0 - Did not apply to me at all

1 - Applied to me to some degree, or some of the time

2 - Applied to me to a considerable degree or a good part of time

3 - Applied to me very much or most of the time

1. (s) *I found it hard to wind down* []
2. (a) *I was aware of dryness of my mouth* []
3. (d) *I couldn't seem to experience any positive feeling at all* []
4. (a) *I experienced breathing difficulty (e.g. excessively rapid breathing, breathlessness in the absence of physical exertion)* []
5. (d) *I found it difficult to work up the initiative to do things* []
6. (s) *I tended to over-react to situations* []
7. (a) *I experienced trembling (e.g. in the hands)* []
8. (s) *I felt that I was using a lot of nervous energy* []
9. (a) *I was worried about situations in which I might panic and make a fool of myself* []
10. (d) *I felt that I had nothing to look forward to* []
11. (s) *I found myself getting agitated* []
12. (s) *I found it difficult to relax* []
13. (d) *I felt down-hearted and blue* []
14. (s) *I was intolerant of anything that kept me from getting on with what I was doing* []
15. (a) *I felt I was close to panic* []
16. (d) *I was unable to become enthusiastic about anything* []
17. (d) *I felt I wasn't worth much as a person* []
18. (s) *I felt that I was rather touchy* []
19. (a) *I was aware of the action of my heart in the absence of physical exertion (e.g. sense of heart rate increase, heart missing a beat)* []
20. (a) *I felt scared without any good reason* []
21. (d) *I felt that life was meaningless* []



This booklet has been designed keeping in mind the different levels of anxiety and stress each of us may be going through at any point in time. Look out for the following icons on the top right corners of each page within. The content has been designed to cater to your state of mind whenever you take this questionnaire. The time required for each activity has been mentioned in the top left corner of the page.

Add the scores under each category (d, a & s) and multiply by 2 to calculate the final score for each parameter

	Depression	Anxiety	Stress
Normal	0-9	0-7	0-14
Mild	10-13	8-9	15-18
Moderate	14-20	10-14	19-25
Severe	21-27	15-19	26-33
Extremely Severe	27+	20+	33+



Normal, Mild & Moderate



Moderate & Severe

This scale is not meant to replace a face to face clinical interview. If you are experiencing significant emotional difficulties, or score in the following categories in any of the three segments, you should contact a qualified professional.

Severe & Extremely Severe





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Formal Advice

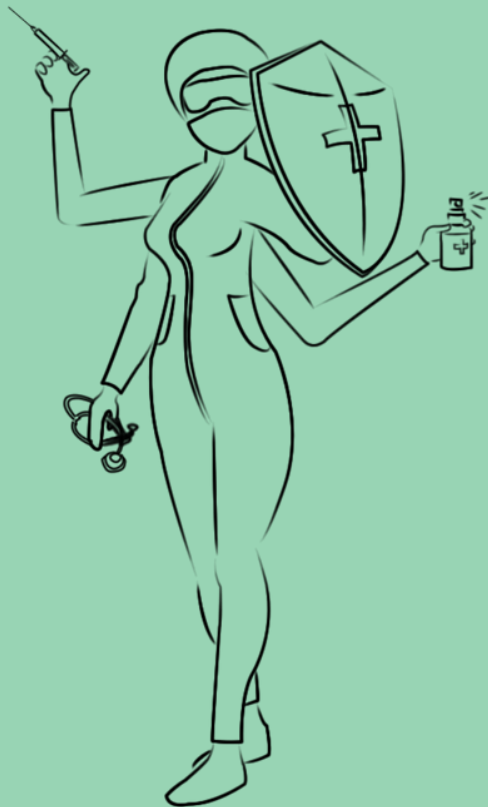
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(Adapted from the well-being document created
for doctors by the Dept. of Psychiatry, SJMCH)



Anxiety is not inability

Uncertainty is normal in times like this. Despite guidelines and targeted work, the feeling of uncertainty stays and adds to the stress.



No one can discount the risk of getting infected—but with the right precautions, it is preventable. You also have access to medical professionals in your work circle, who will do everything they can to help you recover if you do get infected.





Dealing with anxious patients and caregivers

When patients and caregivers are scared about getting infected, communication becomes even more important.



Point literate patients towards posters, information leaflets and online forums.

Spend more time explaining to individuals who cannot read.

Reassure them that safety protocol is being followed. Do not feel compelled to remove all the doubts that patients have, but have a set of responses prepared for FAQs. Validate their feelings by saying things like "It's worrying, isn't it?", or "You're doing the best you can, and that's good."





Dealing with the massive workload

Working all the time does not mean you will be an effective contributor. Do not see yourself as the only person who can solve all the problems around you. Remember, this crisis will pass.

Think of this as a period of learning to deal with future crisis situations.



- Ask and understand specific tasks given to you.
- Observe how team members take care of their tasks.
- Make sure you are using PPE correctly.
- Take a few extra minutes when needed, no matter the urgency of the situation.

A pandemic of this scale is not a regular occurrence.

Remind yourself that one day, you will look back on your work with pride and satisfaction.





Taking care of your basic needs

- Ensure you get adequate rest and respite amidst increasing workload and shifts.
- Turn to page 49 for quick and easy recipe ideas.
- Stay hydrated, carry your own water bottle.



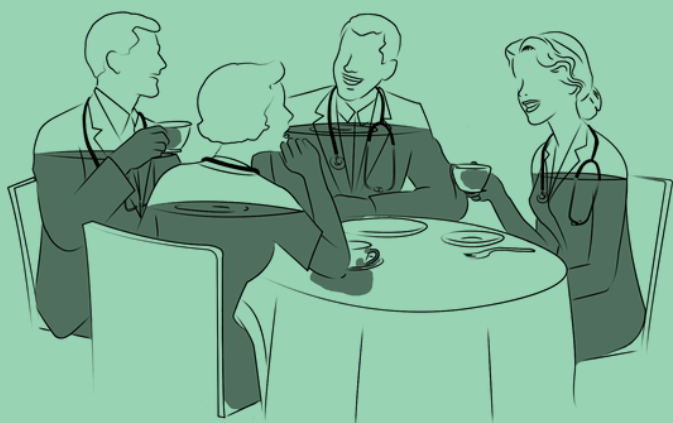
- Get enough sleep to keep you focussed. Turn to page 50 for apps that can help.
- Journal when you are feeling very stressed. For journalling prompts, turn to page 33
- Stay physically active. For ideas on activites, turn to page 30





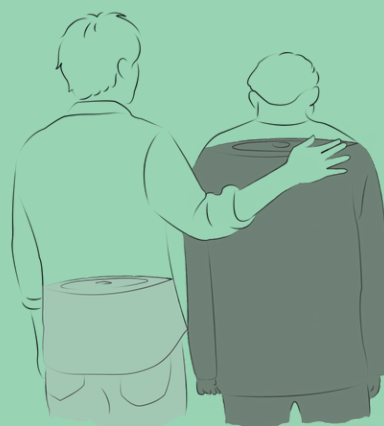
Dealing with the massive workload

Remember that everybody has been on edge for the past year and believe that everyone is still doing the best they can. We are all in this together.



Have a daily team meeting to boost morale and praise achievements. Encourage team members to have regular debriefing meetings.

Identify colleagues who may need extra support and make timely referrals



Avoid blaming or taking out your frustration and anger on peers, juniors, patients and caregivers.





Stay Connected

Social distancing does not mean social isolation

Talk to your family regularly, for example while walking to the hospital.



Stay in touch with loved ones through virtual platforms.

Use the time off to share stories, to focus on all the other things going on in your lives and to have regular conversations.

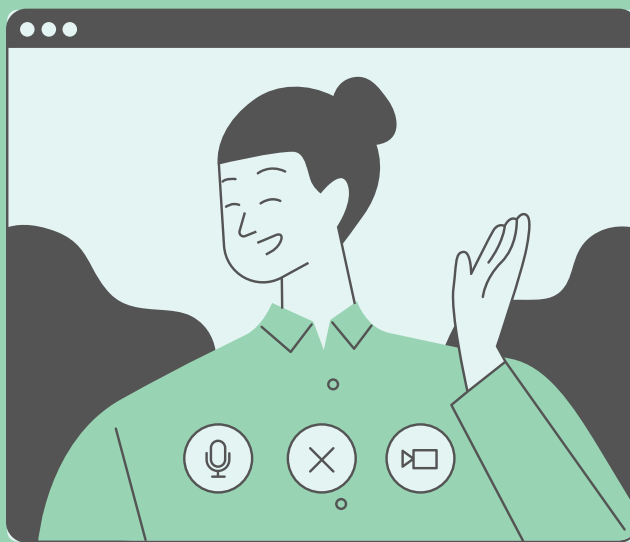
Talk about something other than COVID-19





Dealing with "Zoom Fatigue"

It can get physically and mentally exhausting to have all of your professional and personal meetings through platforms like Zoom and Teams.



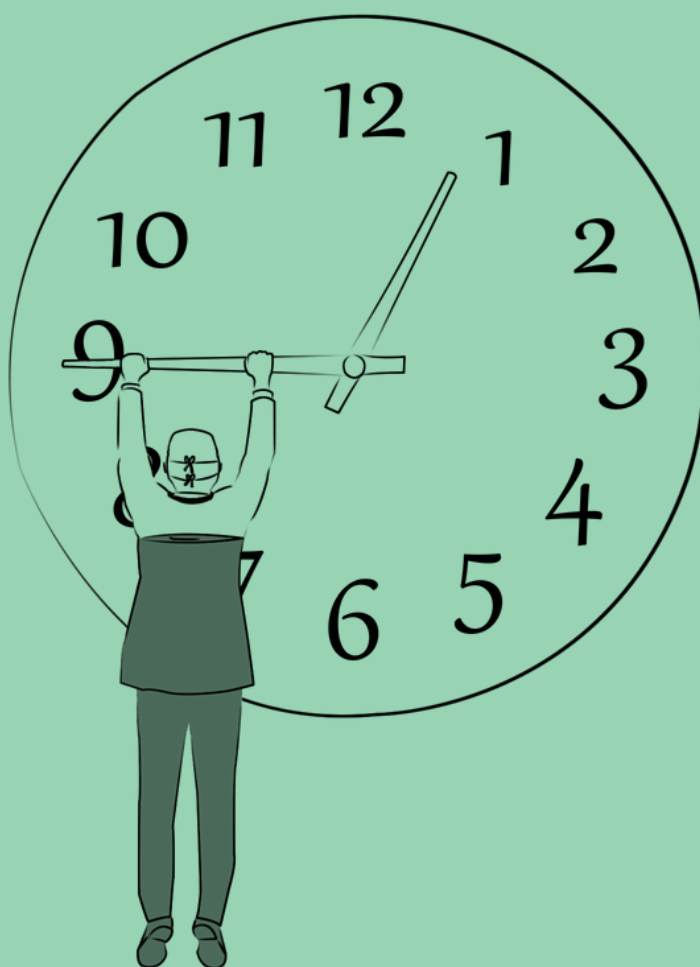
- Establish 'No Meeting' Time Blocks and schedule breaks.
- Say 'No' to video calls that aren't valuable.
- Reduce calls by using text-based communication.
- Replace calls with recorded asynchronous video.
- Always have an agenda for meetings.
- Make meetings shorter.
- Hide Self-View, or turn off your camera entirely.
- Avoid Multitasking.
- Schedule screen-free time.





Stay Informed, but Don't Obsess

Remember, your seniors and administrators will certainly update you if there is urgent information to be shared.



Avoid checking for updates constantly.
Check social media at fixed times during the day

If you begin to feel overwhelmed, stay away from media completely and ask someone reliable to share the most important updates with you.





Getting Help



In case you develop symptoms of COVID-19, it can be difficult to be objective when the roles of doctor and patient merge. Decisions taken in this mindset can put you and your family members at risk.

- Approach the staff clinic for a consultation.
- Do not self-medicate.
- Speak to your seniors, mentors and teammates about any difficulty that may arise; at this time your health needs to be your first priority.

Remember we are in the middle of an unusual situation: a crisis that requires a unique set of skills, resolve, flexible responses and teamwork.





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Mindful Living

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Mindfulness exercises to unwind and place
the world on hold for a while

*"Wherever the art of Medicine is
loved, there is also a love of
Humanity."
-Hippocrates*





Anchoring

Source: Everyday-mindfulness.org

One of the best ways to calm yourself down is to anchor yourself by directing your attention into the lower half of your body.

- Begin by focusing on your feet and how they feel inside your socks or shoes and against the ground.
- Expand your attention to include the sensations first in your lower legs and then in your upper legs – do they feel heavy or light? Warm or cool? Tingly or numb?
- Now include the sensations of your breathing, really relaxing as you breathe out.

This is a great way of anchoring yourself and you can do it any time, with your eyes open or closed, while sitting or even while walking around. Anchor yourself. Then breathe.

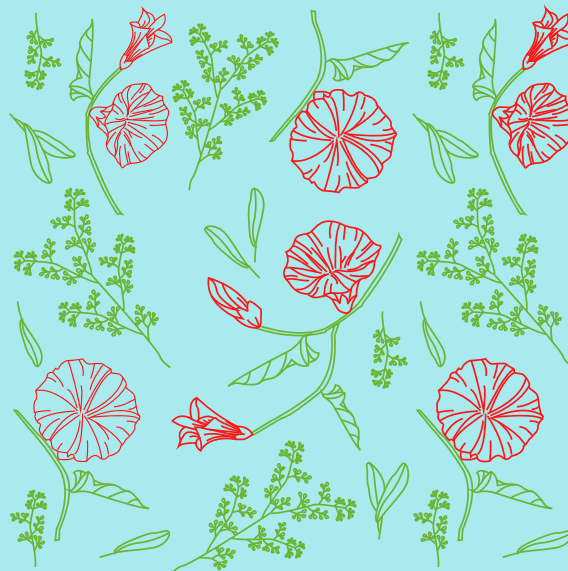




Tuning in to breathe

Source: The Art of Caring- Emergency Minds

Take a few moments to consciously focus on your breath. Feel three to five breaths move in and out of the body. Remember not to control your breathing, but to simply observe (Being mindful).Your mind will wander. Use the breath as an anchor to re-focus on breathing. Then slow down the exhalation to help trigger the relaxation response. This technique will activate the parasympathetic nervous system which helps you feel more relaxed and think more clearly





The Five Senses

Source: The Art of Caring- Emergency Minds

Our five senses can be powerful tools to help us relax. Sit upright, for a minute tune into your senses, listen to the sounds in the room, visualize a soothing colour, focus on the pleasant odours in the room (You can also evoke the memory of a pleasant odour), feel the space you are in, feel your feet touching the ground, chew gum or eat a candy and experience its taste.





Source: Going home checklist - Our NHS People



Going home checklist

- ✓ Take a moment to think about today.
- ✓ Acknowledge one thing that was difficult during your working day - let it go.
- ✓ Consider three things that went well.
- ✓ Check on your colleagues before you leave - are they OK?
- ✓ Are you OK? Your senior team are here to support you.
- ✓ Now switch your attention to home - rest and recharge.



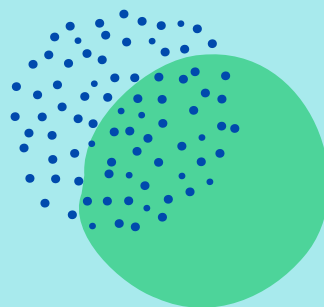


Abdominal breathing exercise

Source: When the cowpat hits the windmill. South Yarra, Vic.: National Rural Health Network; 2007.

When you are stressed, monitoring your breathing enables you to slow and deepen your breaths, which helps reduce the feeling of tension. Learning to change your breathing to a more relaxed pattern is a simple, yet effective skill.

- Place one hand over your navel.
- Take a deep breath and blow it out completely through your mouth like a sigh.
- Allow your next breath to flow in by itself through your nose. Your hand on your stomach should rise or move upward as you breathe in.
- Keep breathing through your nose and breathe in slowly for three seconds, then out for three seconds, and then repeat these slow breaths for at least a minute

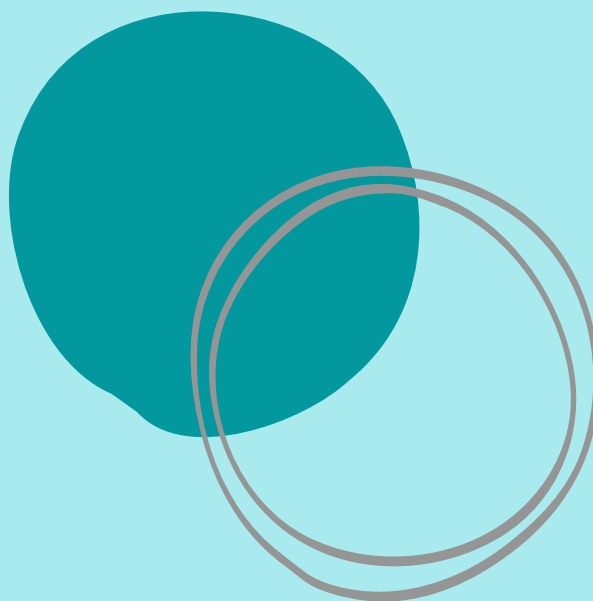




Muscle relaxation exercise

Source: When the cowpat hits the windmill. South Yarra, Vic.: National Rural Health Network; 2007.

- Sit or recline comfortably with your eyes closed.
- Tense up one set of muscles, for example, arms or legs.
- Now let them go limp. If you do this effectively, the contrast between tensed and relaxed should show you what relaxed feels like – you want to remember that feeling
- Move on to another set of muscles such as your back, stomach or face.
- Now let them go limp. Notice the relaxed feeling. Try to hang on to it.
- Repeat for all muscle groups.

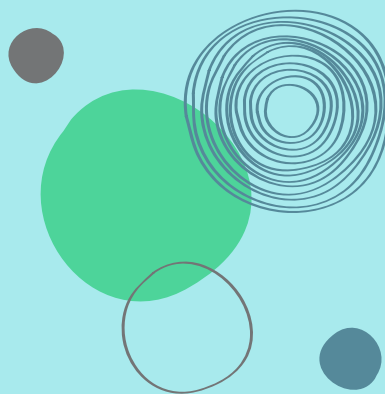




Word repetition relaxation exercise

Source: When the cowpat hits the windmill. South Yarra, Vic.: National Rural Health Network; 2007.

- Sit or recline comfortably with your eyes closed.
- Deeply relax all of your muscles, beginning with your feet and progressing up to your face.
- Breathe through your nose and become aware of your breathing.
- As you breathe out say the word 'ONE' silently to yourself. For example, breathe in ... then out ... saying the word 'ONE', breathe in ... then out ... saying the word 'ONE', and so on. Breathe easily and naturally. The repetition of 'ONE' helps to break the train of distracting thoughts.
- Continue for 10 to 20 minutes.
- When you finish, sit quietly for several minutes, at first with your eyes closed, and then with your eyes open.

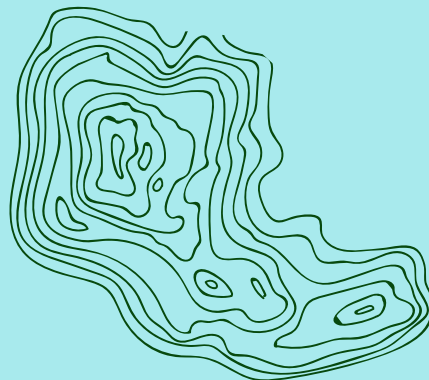




Visualisation exercise

Source: When the cowpat hits the windmill. South Yarra, Vic.: National Rural Health Network; 2007.

- Sit or recline comfortably with your eyes closed.
- Use one of the above exercises to relax yourself.
- When you are very relaxed, visualise yourself in a favourite place where you feel relaxed, peaceful, safe and tranquil.
- Imagine the sounds you can hear, the fragrances you can smell, how it feels to be there and the relaxed body sensations.
- For a couple of minutes just stay in that peaceful place enjoying these sensations.
- Imagine how you look while you're there, feeling peaceful.
- Allow your mind to come back to the room you're in.
- Move and stretch a little.
- Open your eyes and feel alert and refreshed.

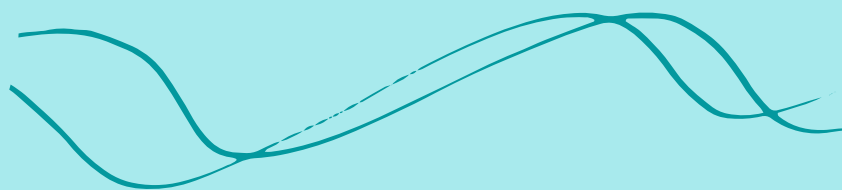




Meditation

Source: When the cowpat hits the windmill. South Yarra, Vic.: National Rural Health Network; 2007.

- Meditation can enhance your calmness and can help 'centre' and relax you.
- A simple meditation technique is to sit comfortably in a quiet place. Close your eyes or have them slightly open while you become aware of your breathing – simply watch your breath go in and out. It may be helpful to count your 'out' breath up to 10.
- You will probably be distracted by thoughts popping into your mind. Just return to your counting and let the distraction pass.
- If you meditate regularly, the constant chatter in your mind decreases and you will feel calmer and more relaxed. Repeat the exercise for 10 minutes at a time, twice a day.





Mindfulness labyrinth

Take a few deep breaths. Look at the labyrinth and clear your mind of all other thoughts. With your non-dominant hand, place your index finger on the entrance of the labyrinth. Slowly trace the path. Focus on the movement of your finger as you follow the path to the middle.





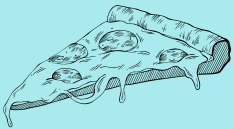
Build yourself a self care kit



The end product of this can look different for each person. Try an incorporate one or more things involving each of the following senses :



- For touch - a soft toy or blanket



- For taste - your favourite snack or drink (or something you might have baked from page)



- For sight - a picture of a loved one or of a fun vacation you went on.



- For hearing - make a playlist of your favourite songs (or if you're in the mood for something different, check out the music recommendation list on page.)

- For smell - A scented candle, essential oil diffuser

- You can also put in some things that engage more than one sense, like a colouring book (touch and sight) or a nice smelling lotion (touch and smell), or try a DIY manicure/pedicure and other self-care.





Get Moving



Staying physically active is a vital part of self-care. Here are some ideas to get you moving.



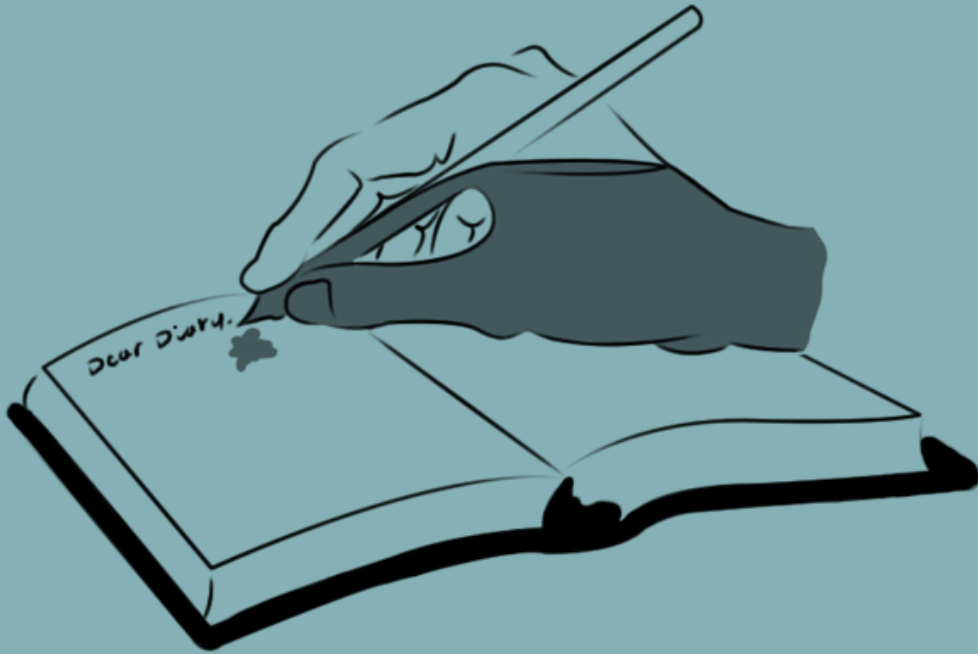
- Here's a [WHO guide](#) on generally staying active during the pandemic.
- Workout (e.g., try [this quick, 7-minute HIIT workout](#)).
- Stretching (e.g., try these [beginner stretches](#) or this [evening stretching routine](#))
- Yoga (check out this [list of poses for relaxation](#) or this [short guide.](#))
- Walks/hikes or cycling.



"People pay the doctor for his trouble; for his kindness they still remain in his debt."

-Seneca





Journalling Prompts





Wellbeing Plan

Keep this as a private journal or insert comments or pull out and pop it somewhere to remind you daily.



Who do I want to keep in contact with?

(Friends, colleagues, family, neighbours etc)

How will I help others?

(Keeping in contact with people, volunteering, giving practical support)

What will I do to stay healthy?

(Exercise, diet and sleep)





How will keep my mind active?

(Hobbies, reading, new challenges,
online learning etc)

What will I do in my daily routine?

(Time I get up, exercise, contact friends, do a
crossword, treat myself, cleaning)

6 am

7 am

8 am

9 am

10 am

11 am

12 pm

1 pm

2 pm

3 pm

4 pm

5 pm

6 pm

7 pm

8 pm

9 pm

10 pm

11 pm

12 am

1 am





How can I tell when things are getting too much?

(Feeling snappy, sleep issues, feeling low, eating more or less, drinking more)

What will I do to distract myself when I feel stressed, anxious or down?

(Treat myself, phone a friend, go for a walk, mindfulness, watch Netflix)

Who can I talk to if things get too much?

(People, helplines or online)





Jar of Hope

Things will get better. Use this time to think about all the things you miss and might have taken for granted. Write them down here to look forward to when the crisis is over.



Having a real jar filled with notes to read later is also a good idea!





Journalling Prompt

Take a moment to think about this prompt, and what it evokes in you.

"What made me smile today?"





Journalling Prompt

Take a moment to think about this prompt, and what it evokes in you.

"What are the things I look forward to the most every day?"





Journalling Prompt

Jot down on this page or anywhere you want to.

"By the time my head hits the pillow tonight, I intend to feel like I really..."



*"They may forget your name, but
they will never forget how you
made them feel."
-Maya Angelou*





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Suggestion Lists

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A selection of recommended movies, books, music and other media to help you unwind.



Articles and Resources



Click on the underlined titles to be redirected to the webpage

1

How to deal with 2020

9 Mental Health Tips for Anyone Feeling Emotionally Pummeled by 2020
-Anna Borges

2

Red Whale - COVID-19:

An emotional and psychological survival guide - Helpful article series developed from the Red Whale Mental Health Course

3

FACE COVID

A set of practical steps for responding effectively to the corona crisis, using the principles of acceptance and commitment therapy
-Dr Russ Harris

4

Medical Professionals fighting Corona

A collection of testimonials by healthcare professionals working during the pandemic

5

COVID 19- A Youtube Resource Playlist

A Collection of videos on dealing with various issues faced by medical professionals during the pandemic
-Psych Hub Education





Listen List



Podcasts that are easy to listen to and help calm the nerves



1 Desert Island Discs

2 Happy Place by Fearne Cotton

3 The High Low by Pandora Sykes and Dolly Alderton

4 Everyday Positivity by Kate Crocker

5 I Weigh by Jameela Jamil

6 Oprah's SuperSoul Conversations

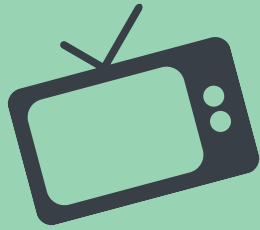
7 Deliciously Ella

8 Food for Thought by Rhiannon Lambert

9 The Minimalists Podcast

10 Unlocking Us with Brené Brown





TV Listings



Feel-good TV Show recommendations



1 Queer Eye

2 Brooklyn Nine-Nine

3 The Good Place

4 Speechless

5 Planet Earth

6 The Great British Baking Show

7 F.R.I.E.N.D.S

8 How I Met Your Mother

9 The Office





Track List



Feel-good music recommendations proven to soothe the soul



1 "We Can Fly," by Rue du Soleil (Café Del Mar)

2 "Canzonetta Sull'aria," by Mozart

3 "Someone Like You," by Adele

4 "Pure Shores," by All Saints

5 "Please Don't Go," by Barcelona

6 "Strawberry Swing," by Coldplay

7 "Watermark," by Enya

8 "Mellomaniac (Chill Out Mix)," by DJ Shah

9 "Electra," by Airstream

10 "Weightless," by Marconi Union

11 OCEAN by John Butler





Raaga List



Classical Raga recommendations proven to soothe the soul



1 Bhatiyar

2 Lalit

3 Yaman

4 Malkauns

5 Pilu

6 Nilambari

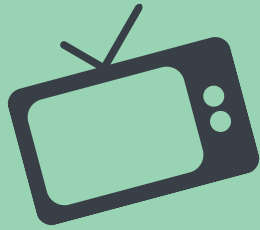
7 Bilahari

8 Malhar

9 Bhoopali/Mohanam

Sources: Pandit Chaurasia suggests ragas to boost you up during lockdown. The Hindu. 2020
Healing with music. The New Indian Express. 2020





Movie List

Feel-good movie recommendations



1 English Vinglish
Sridevi plays a caterer who is mocked for not knowing English, who learns it to earn back respect.

2 It's a Wonderful Life
A movie that explores the impact of one's life on others and how important they are.

3 The Sound of Music
A musical that follows a nun who becomes a governess in the home of a naval captain with seven children, and brings a new love of life and music.

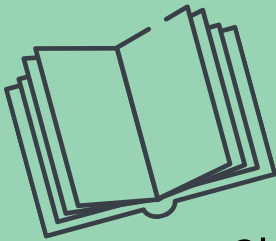
4 The Intern
70-year-old Ben takes a job as an intern at a fashion company and wins over his coworkers and boss.

5 Begin Again
The journey of a new songwriter as she works to release her first unique album

6 The Lunchbox
An unlikely mistake by a tiffin carrier service results in an unusual friendship.

7 Barfi
Shruti loves Barfi, a hearing and speech-impaired man, but marries someone else.





Reading List

Short books that quickly reduce stress



1 Taming Your Gremlin by Rick Carlson

How to ignore the part of your brain that's always getting you down.

2

This is Going to Hurt by Adam Kays

A laugh-out-loud, poignant account of the experiences of medical residency, through excerpts from an OBGYN resident's diary

3

Tao Te Ching by Lao Tzu

Simple, calming personal philosophy to help you feel learn how your attitude may contribute to your stress.

4

What I'd Say to the Martians: And Other Veiled Threats by Jack Handey

Short, extremely humorous and enjoyable stories.

5

The Consolation of Philosophy by Anicius Manlius Severinus Boethius

A heavier book that deals with the "big issues"

6

Eliminating Stress, Finding Inner Peace by Brian Weiss

Easily followed scripts to help you feel more under control.





Recipes to Try

Cook your favourite meal, or try one of these:



1 5 Minute Chocolate
Pudding

2 Banana Bread

3 Chocolate Mug
Cake

4 Cinnamon Roll
Coffee Cake

5 Creamy Hummus

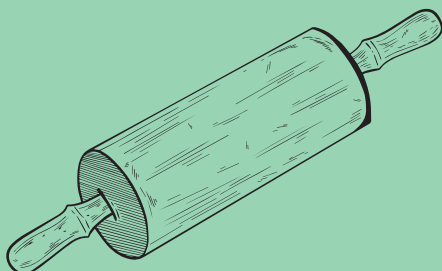
6 Vegetable Lasagna

7 Cheesy Stuffed
Garlic bread

8 Spinach Chicken
Pasta

9 Simple Sourdough
Bread

10 Microwave Pizza in a
Mug





Apps to check out



1

Calm

Guided meditation and breathing exercises



2

Headspace

Guided meditation with adorable illustrations!

3

Day One

A daily journaling app to help you write through your emotions.



4

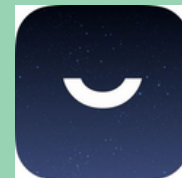
Colorfy

Soothing and relaxing adult colouring pages

5

Pzizz

An app that plays relaxing soundscapes and has a built in alarm to enable you to get more restful sleep.

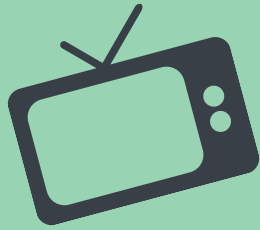


6

Sleep Stories

Bedtime stories for adults to help you get deep sleep.





Watch List

Relaxing documentary recommendations



1

My Octopus Teacher

A filmmaker combats professional burnout with a daily swim in the sea meets a friendly and intelligent octopus.

2

A World of Calm

A soothing combination of narration over mesmeric imagery taking viewers on visual journeys into other worlds.

3

Tales by Light

A documentary exploring the process and art of photography from around the world.

4

Cooked

An exploration into the evolution and the base elements of cooking.

5

Planet Earth

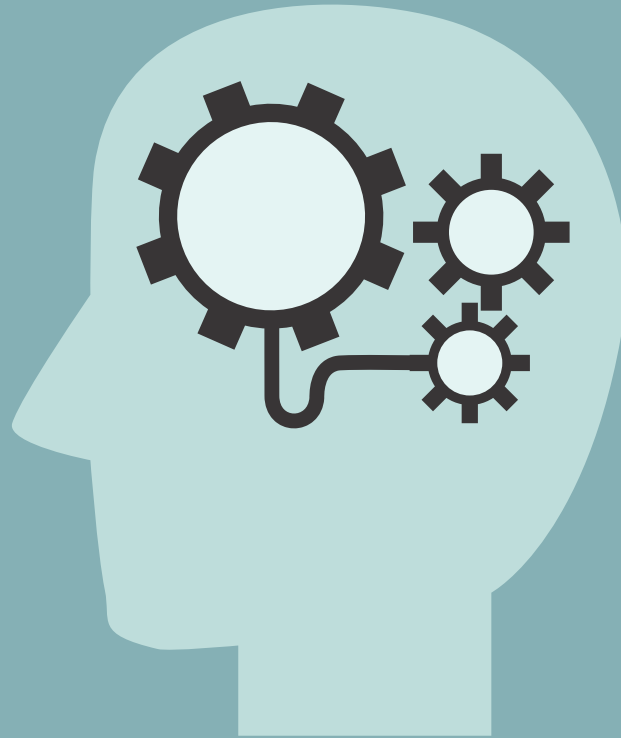
A nature documentary with magnificent shots and soothing narration.

6

Prof Brian Cox's Wonders Series

Join Professor Brian Cox as he uncovers the wonders of the universe





Puzzles



Here are a few word games, mazes and more
to take your mind off everything else



A Maze

It might feel like everything in your life is a maze to navigate through. Trace your way through this maze, and as you do, visualize all your thoughts being untangled and laid out, so much easier to make sense of and process. You can open the pen tool on a PDF editor app to draw on the maze.



Source: https://www.printablee.com/post_brain-maze-printable_262890/





Mind Gym

Perform the following operations without writing it down anywhere, occupying yourself completely with the elementary operations involved

32

$\div 4$

$\times 6$

$+ 2$

$\div 5$

$\wedge 2$

$+ 20\%$

RESULT

90

$\div 5$

$+ 18$

$\div 6$

$+ 34$

$- 25\%$

$\times 6$

RESULT

4

$\wedge 3$

$+ 6$

$\div 7$

$+ 30\%$

$\times 3$

$\div 13$

RESULT

Game recommendation:

Polyforge

Creating polyhedrons with calming colours and a simple gameplay





Pixel Puzzle

In these puzzles, You need to colour the correct number of squares in every row and column, given by the numbers on top of the respective rows and columns. For instance, the number 5 means that five continuous squares must be shaded. If two or more numbers are given, such as 2 2, it implies that two continuous squares must be shaded, followed by a gap of one or more squares, and another two continuous squares shaded. ONLY the number of squares indicated should be shaded in any given row or column. At the end of the puzzle, the solution will form a picture!

For a harder puzzle, turn to page 60

	1	2	3	2	1
	1	2	1	1	1
5					
3					
1					
1 1					
5					

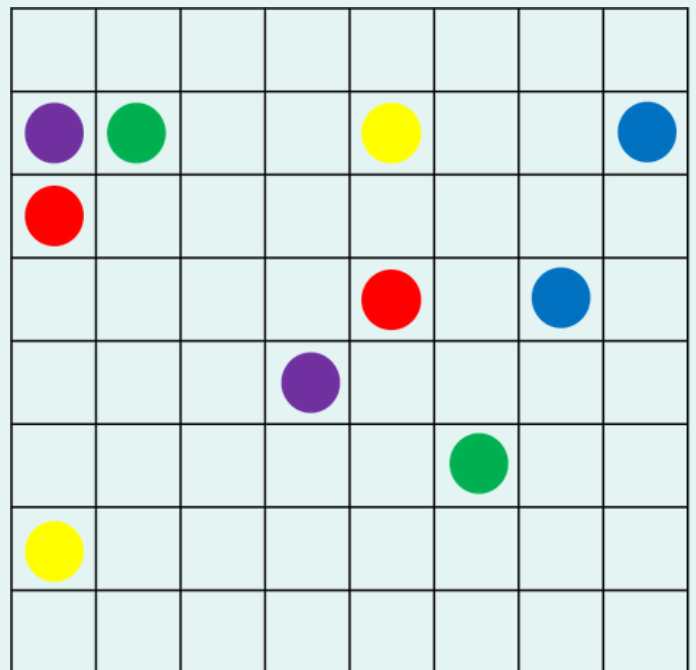
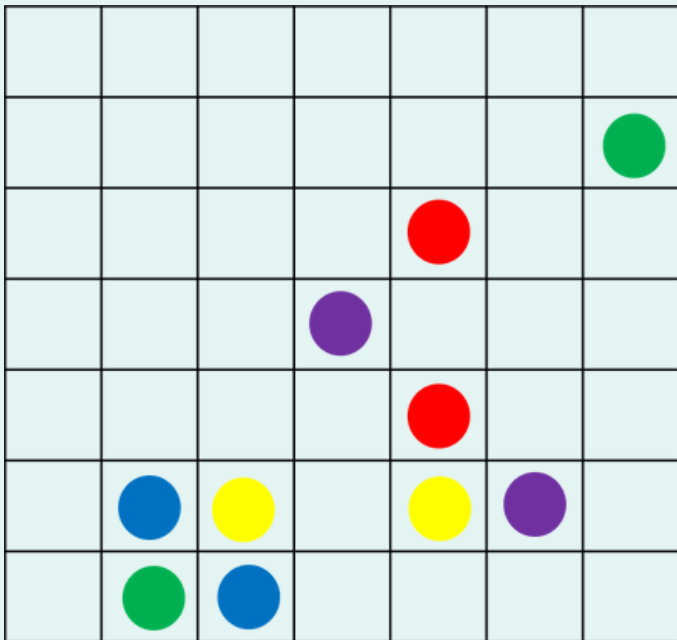
For more puzzles like this, find the game 'Nonogram' on the play store/app store





Go with the Flow

Connect dots of the same colour to each other such that the paths do not intersect. Only vertical and horizontal lines must be used. For a perfect solution, ensure that all of the squares are occupied with the connecting lines of any one path!



For more puzzles like this, find the game 'Flow' on the play store/app store





Word Search

Can you find the following listed words?

Words may be forwards, backwards or diagonally placed.

- Balance
- Calmness
- Peace
- Meditation
- Composure
- Contemplation
- Stillness
- Reflection
- Relaxation
- Here and now
- Serenity
- Tranquility
- Restfulness

F	R	Y	A	F	N	X	J	W	W	Q	K	L	S	H
F	K	E	T	S	E	R	E	N	I	T	Y	T	S	E
S	T	V	L	I	I	I	W	Y	B	I	S	E	E	R
N	O	I	T	A	L	P	M	E	T	N	O	C	N	E
S	J	B	V	S	X	I	G	S	O	K	Z	I	L	A
S	E	P	A	F	S	A	U	I	E	A	I	H	U	N
E	O	E	I	L	G	E	T	Q	H	Q	C	N	F	D
N	E	A	F	A	A	A	N	I	N	Y	H	S	T	N
M	G	C	K	A	T	N	O	L	O	A	T	T	S	O
L	M	E	X	I	O	G	C	R	L	N	R	N	E	W
A	N	F	D	N	B	Y	T	E	N	I	O	T	R	H
C	U	E	R	U	S	O	P	M	O	C	T	O	Z	S
Q	M	R	E	F	L	E	C	T	I	O	N	S	U	H
R	F	C	S	X	E	H	A	K	V	G	J	Z	P	R
D	R	L	L	I	C	T	C	S	X	M	S	W	W	K

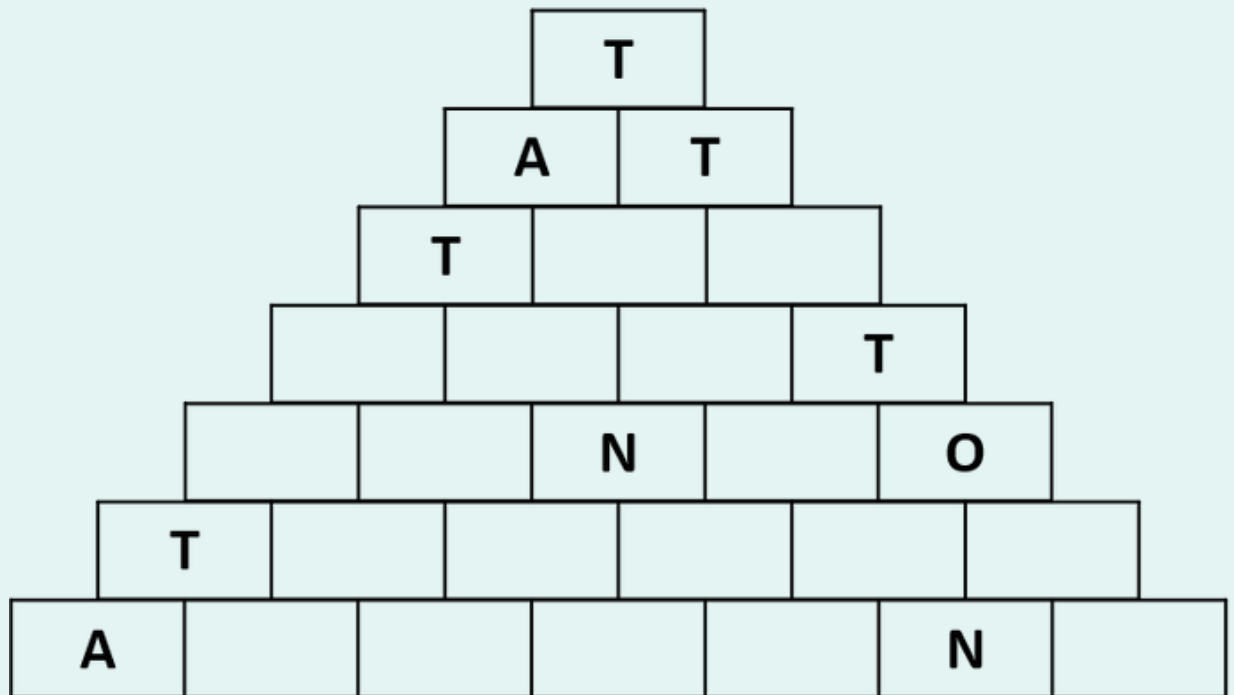




Work your Way Up

Start at the top of the pyramid and work your way down. Try to find the next word using all the letters of the previous layer and adding one more letter, using the hints below to identify the words.

1. Browning caused due to sunlight (3)
2. To lean (4)
3. A major section of a long poem (5)
4. A tropical American bird with a large beak (6)
5. A record of money paid and received (7)





Pixel Puzzle 2

For the rules and an easier puzzle, please turn back to page 55

	1	2	1	1	1	1	2	3	1	
	2	2	2	1	1	1	1	1	1	1
	1	1	1	1	1	1	1	1	4	5
6 3										
1										
4										
1 3										
3 1										
1 2 1										
2 3										
1 2										
1 2										
3 6										

For more puzzles like this, find the game 'Nonogram' on the play store/app store





Word Puzzle

In each of the following words, add the same letter to both the start and the end of the word to produce a regular English word. Eg _tart_ = StartS

1. _ O M I _
2. _ E A P O _
3. _ R O M _
4. _ Q U _
5. _ A B E _
6. _ U L E _
7. _ N C A S _
8. _ E R O _
9. _ U S E U _
10. _ A T H T U _
11. _ E A L T _
12. _ I L L O _
13. _ I A M O N _
14. _ I T R O G E _
15. _ L U F _

Game recommendation:

2048

Simple sliding block number puzzle game





Number Target

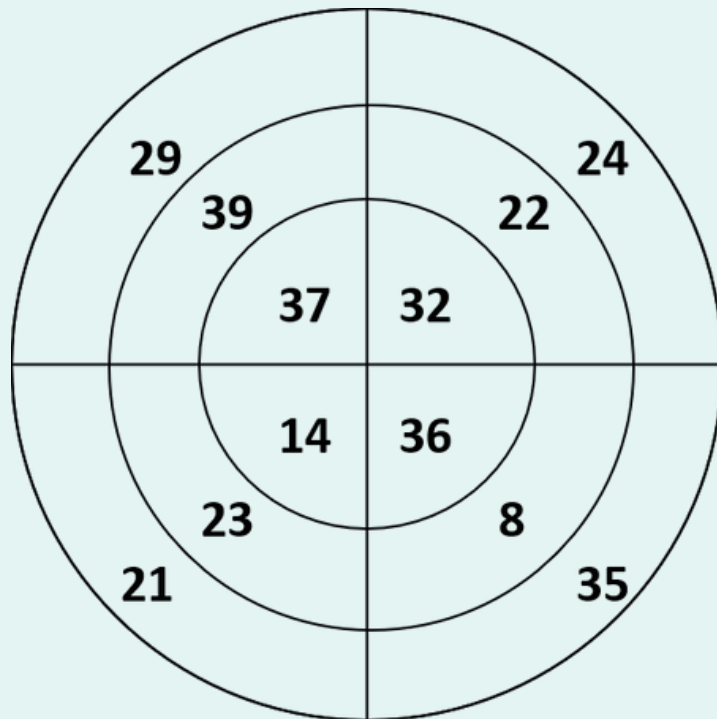
Can you make each of the following totals using numbers from the dartboard? Choose one number from the inner ring, one from the middle ring and one from the outer ring such that the sum of the numbers adds to each of the following totals (separately)

TOTALS

81

82

83



Game recommendation:

I Love Hue

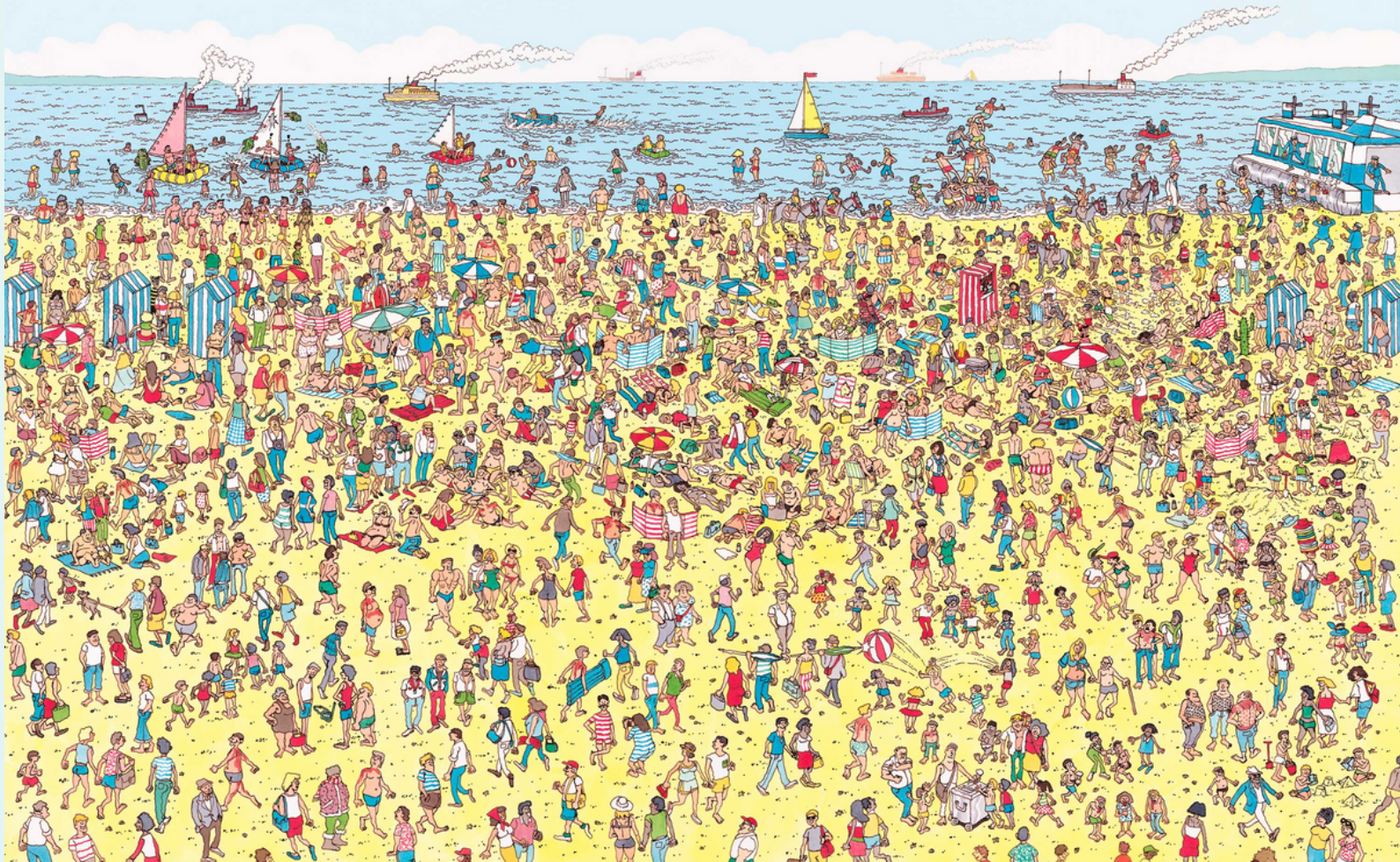
Satisfying game where you must arrange colours in gradual gradations.

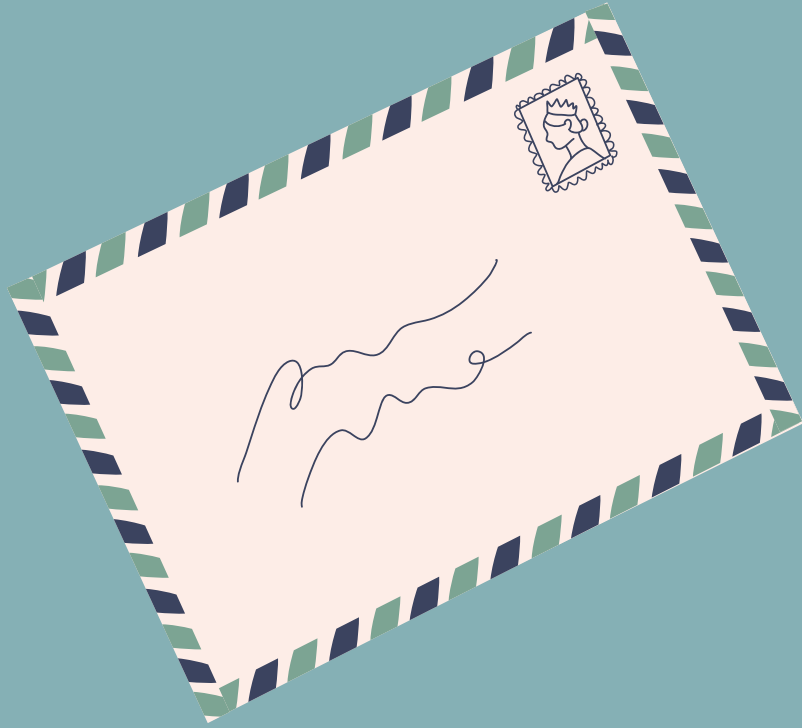




Finding Yourself... and Waldo!

Find Waldo and his friends in the picture below. Spend as much time as you want to, but stop if you start to feel frustrated. This is what they look like:





Letters to Healthcare Workers



This section contains letters from healthcare workers, school children, medical students and people from different walks of life. Read on for some excerpts!



#1

20th September 2020 - the day I tested positive for COVID-19

"It feels like allergies..." "...but I was in PPE", I said to myself, trying to instill some sense of hope before I saw my test results.

I was shocked that it was not what I expected, but I was not overly concerned about my physical well-being. Maybe it was the fact that I saw a tremendous number of people recover with mild illness.

The usual worries still bothered me though, would my parents be affected? Had I passed it on to my colleagues?

Initially the frustrations with having to deal with the isolation was greater than my cough and loss of taste. The monotony was quickly getting to me. But this was also an opportunity to re-assess the blessings we have...the things we take for granted.

I don't even want to imagine of how I would've dealt with it if I was admitted in the hospital. It truly was a luxury, not having to forcefully eat things you disliked, not having strangers in PPE be your only company.

It is true that the pandemic, especially during the quarantine has taken a toll on people's mental health. And these are often ignored. In all the statistics we see published daily, there is barely a mention of these indirect effects.

So while celebrating a recovery or mourning a loss let's make sure to be kinder to each other during these tough times.

-Dr Sincy, PG Resident, Dept of Psychiatry, SJMCH





#2

I tested positive for COVID on my last day of COVID duty

I was quite frightened despite knowing the protocol for healthcare workers, and despite being aware that all the others who had tested positive, in the previous months, had fully recovered.

The prospect of the social isolation of quarantine frightened me, but the daily influx of text messages and phone calls from family, friends and teachers kept the loneliness and apprehension at bay.

Sometimes we may not know it, but we do have so many people who are genuinely concerned and who reach out in our times of need.

The most cautious I've been about my health was during quarantine, taking supplements and monitoring saturation. On the bright side, I got time to catch up on sleep, watch movies and sleep some more... something our busy internship schedule doesn't usually allow for.

It was also comforting to be quarantined in the familiar environment of the annex block, surrounded by other positive PGs and interns. The balcony of the third floor was a daily refuge for fresh air, beautiful sunsets and familiar faces. Just being able to see my parents and friends from three floors above, when they dropped off meals, made a big difference.

My experience showed me that we cannot live in the grip of fear and we have to go about our regular duties in the hospital, having faith that we will have the strength to deal with whatever comes our way.

Andrea Johnson, Intern, SJMCH





#3

Expecting during the Unexpected!

Pregnancy is an exciting time and for most women it means celebrating the news of a new arrival with family and friends. But my situation was different. In the light of COVID 19 pandemic, being a HCW is not so exciting! I was doing COVID duties along with my regular work when I found out I was pregnant and instead of being excited I freaked out! I started calling my OBGyn friends frantically to know what the risks were, whether I should continue the pregnancy and if I should still continue coming to work?

My gynaecologist reassured me that there was no evidence to suggest any increased risks to the mother or fetus. It's one thing to worry about infecting your adult family members but it's a completely different game when it comes to your baby! I became extra cautious about taking precautions. But my worst fear came true when at 20 weeks I tested positive for COVID 19. Although my symptoms were of mild COVID I chose to get admitted, which seemed like the safer option. Thus began my 2 weeks of isolation. Although I wanted to think of it as a break from daily routine, an opportunity to get the much needed rest and a chance to catch up on some movies and shows, I could not stop worrying about the effects of COVID 19 on my baby!

The regular video calls with my husband and family members and the constant support from my colleagues was definitely helping me get through this phase. But what helped me cope the most was my unborn child. I had to stay happy, eat well and worry less for his/her sake. And whenever I felt lonely or upset, a little kick in my tummy assured me that we are both going to beat the virus and come out as covid warriors!

-A Healthcare Worker





#4

A Letter of Hope

t's been a long quarantine. Recently I've taken to going to the balcony every once in a while. In the last 6 months, I've seen the empty street outside my house slowly come back to life. The bustling noise and the rattling of autos warily returning to the roads. The little children who like to play cricket on the street outside finally sneaking out of their houses after a long break.

But I worry for you, working in the hospital. You, double-checking your PPE and overthinking your slightest cough or sneeze. You, staying in the hospital between shifts to keep your grandparents safe at home. I hope you have a loved one to confide in about your worries. Mental health sure is important, in times of crises such as these, and everyone needs a shoulder to rest their head on.

I hope you get time off from your day to reflect and rest and feel your emotions. For in the midst of this pandemic, with everyone appreciating you for being a superhero and saving lives, it is important to remind yourself that you too are human, and need time to recover from the stress you are being put through.

So I hope, that every time you feel hopeless, the sun shines a little brighter on your face reminding you that things will get better. That every time you feel gloomy, the cardamom tea in the busy first floor tea stall will lift your spirits. And that every time you ask yourself why you're here, the light in a recovering patient's eyes will keep you grounded. Stay safe, everyone.

-Parvathi Ram
St. John's Medical College



#5



**To you brave,
incredibly brave,**

warriors at the frontline of this mighty pandemic, This is an ode, written haphazardly, from within the four walls of home, the safety of which, is owed to each of you. We are entering into the tenth month of the pandemic in the country, and I can remember with precise vividity how everyone whined about having to stay within these very four walls, while you marched selflessly into uncertainty. Every day we wake up to the news of an unbridled spread of the virus, and not once have we adequately thanked you. Thank you for attending to your patients knowing you could be next.

Thank you for belittling the parade of dents and marks on your face from wearing protective equipment throughout the day, even when paranoia about health workers were hurled at you.

Thank you for bringing us safely to the wrapping up of this year. This Christmas will be different. The trees will be a little peculiarly colorful. The stars will shine through every hidden dark corner. The wine will taste earthier. And the winter air will reek of terrible loss, bittersweet survival, redemption, and most importantly, the scent of a sliver of hope. There is the weight of an entire country's future on your shoulders; and dear warriors, you're carrying it just beyond well.

-Linda Ann Joseph
St. John's Medical College





#6

Being a 'Jack of all trades' did pay off!

The saying 'Change is the only constant' has a different significance in my perspective. Trying new things is a compulsion for me. My hobbies keep changing. Naturally my interests are varied. From being an avid reader to writing occasionally, Navaratri dolls, interpretation of Sanskrit shlokas specially subhashitas and finally theatre!! By the time Covid entered my life I had tried all these.

With the abrupt lock down, not only Theatre activities stopped, there was no sign of them starting any soon. That is when I rediscovered my passion for playing Veena. I started playing Veena at the age of 8 and continued to learn it for another 10 years. After that somehow this hobby took a back seat. Lock down was a time for introspection and the need to pursue something which gave me joy and inner peace was paramount. Veena was the obvious choice.

I discovered innumerable resources at my disposal. Online classes, tutorials, Apps - whatever was needed to rekindle my passion was available literally at my fingertips! I started playing every evening and realized I remembered most of the ragas that I had learnt. There was internet to learn the others that I hadn't already. The daily evening routine of playing Veena for 1 to 2 hours became the highlight of my day! Amidst the chaos of pandemic, Veena became my stress buster.

Dr Mangala Rao, Dept. of Pharmacology, SJMC





#7

"This pandemic has indeed taught us that there is no future without you."

*"It was while I was attending an online class that I received the message that my close friend had been tested positive for COVID 19 and hospitalised with low oxygen levels. I was anxious for her well-being. But it was so encouraging to read my friend's messages each day from the hospital bed that highlighted **the efforts of the doctors, nurses and all at the hospital, who not only helped her but also counselled and cheered her on to a perfect recovery.** My friend is now studying hard to be a doctor herself to serve people."*

"This has been a tough year for all of us, but your compassion and healing touch in dealing with these tough times has won all our hearts. You have stood bravely and faced this pandemic, sacrificing your own safety for ours."

"We have all put our trust in you during these difficult times and you have never let us down."

"We thank you from the bottom of our hearts for all your selfless services and tireless commitment displayed in helping us sail through these challenging times"

-Ananiah Biju Jacob
Grade 10
Bethany High Koramangala





#8

To the selfless Healthcare Worker, Thank You!

"Doctors are people capable of giving hope to the emotionally defeated, relief to the rescued, joy to bring a new member to the mortal world; you are the ones who execute God's miracles."

"Every religion upholds selfless service and acts of kindness and love, and what better way to live up to them than how our nurses and doctors do daily?"

"Only due to the tireless efforts of our diligent medical staff is it that innumerable lives are saved every day."

"In your effort to keep us safe, we know that you have not only put yourselves at risk, but also the lives of your loved ones. Every aspect of your lives has changed."

"Just like soldiers at war, you need to continuously fight, driven by the memory of returning to your loved ones in your hearts."

"During our times of trial, God always sends his angels to rescue us. This time, they come in the form of doctors and medical staff."

"There cannot possibly be a way we can pay our debts and express our gratitude to you, the frontline soldiers of this war against these nano-sized pathogens"

-Adrija Chattopadhyya

Grade 10

Bethany High Koramangala





#9

To the True Heroes of the Society

"When the world is shutting down, you have kept the doors wide open to treat the affected patients, thank you for your contribution towards humanity."

"You are the true heroes of the society. The way you work with compassion, kindness and bravery inspires people from all generations, from children to the elderly. Thank you for all you do."

"With each age groups being affected differently by the virus, one could not even imagine how much effort and hard work you put in. India is very grateful to have such noble and compassionate people working on the front lines."

"You work so hard to identify, treat and cure the people of their ailment. With your hard work, effort and dedication, I am sure that India will overcome this crisis just fine."

"I want to thank all of you for your endless efforts. I want to thank your family members, for without their support, our nation would not have these brave hearts."

"We pray for you every day and hope you are safe. Words are not enough to explain the amount of gratitude I have towards you. I hope that this letter shows that I, and many others are with you. Thank you!"

-Vyshnavi. A
Bethany Junior College



*"It wasn't the medicines, but
your reassuring words gave me
the strength to pull through my
illness. Thanks, doc."*

-Anonymous



#10



Thank you, on behalf of society

Dear doctors, nurses, ambulance drivers, and other frontline workers working together with patients:

Thank you, on behalf of society at large for all that you have always done and continue to do during the pandemic. As a student, a citizen and a human being, I am awed by your sacrifice and inspired by the example of your service."

"It is incredible how the medical fraternity has rallied to treat patients, formulate treatment protocols and work towards a vaccine and a cure."

"You went beyond the call of duty, sometimes held lonely patients' hands as they died, assisted in their burial and comforted the people they left behind. It is hard to quantify just how much of a difference you are making"

"More than extolling healthcare workers as heroic, however it is equally important for us to understand the difficulties that you have faced in this time. We can play our role by bringing down the number of cases you have to treat and correspondingly the risks you are compelled to take."

*-Matilde Ribeiro
Bethany Junior College*



#11

***Your Bravery has Saved us All***

"When the world was shaken by the coronavirus, we needed a set of people to step up to the challenge. We needed people who wouldn't back down, even if it meant putting their own safety at risk —We were granted with our healthcare professionals."

"Nurses may not be angels, but they are the next best thing. Having to work for unreal lengths of time, remembering the diagnosis and status of many patients, all while being kind and keeping a smile on their faces."

"Without the bravery of our beloved healthcare workers, humanity would have lost the battle to the coronavirus long ago. Our healthcare professionals are like battle-hardened soldiers, ready to face anything to keep our country and world safe."

"We are all indebted to you, and cannot thank you enough for all the sacrifices you have made for us. I hope you stay strong, stay safe, and keep looking forward to that light at the end of this very dark tunnel."

*-Daniel Devasia Joyce
Grade 10
Bethany High Sarjapur*





#12

Thank You for Saving Me!

Since the beginning of the pandemic which brought the world to its knees, we've heard endless platitudes urging everyone to make the most of this situation. To me, that has always seemed tone-deaf.

There is nothing more one can do during a crisis than survive. And we owe our survival to you. Our recovery is dependent on the deliberate, daily effort by doctors and healthcare workers.

My experience with COVID-19 was terrifying and singularly isolating, and I was still fortunate enough to be quarantined at home and hear my family's voices.

I owe my health, physical and mental, during that time, to my doctor. His reassurances and endless empathy soothed me and helped me sleep at night, and I can only marvel at how deep that well runs because doctors do this not for one or two but hundreds of people.

I cannot imagine it easy to see the horrors the disease wreaks, and despite it all, soldier on day after day, treating people with kindness and saving lives, despite the risk. The only thing that remains to be said is thank you, from the bottom of my heart, for your service and sacrifice.

-Anumita D V

Christ (Deemed to be) University



#13



Together we shall get through this!

***'Two roads diverged in a wood,
and I-I took the one less travelled by,
And that has made all the difference'***

These iconic lines by Robert Frost are apt for the Indian medical fraternity—the doctors and nurses and healthcare workers who have steered India through this pandemic.

Fighting a pandemic in India is different. Beds are scarce, hospitals few and far between and funds are lacking. And yet, India has one of the lowest death rates in the world, curing a majority of the patients who suffer from this virus.

It takes more than technical expertise to be a doctor or a nurse or a healthcare worker. It takes patience and empathy and sacrifice.

Like every other crisis that has unfolded in the past, we shall get through this one. And when we do, it shall be largely because of the indomitable spirit of our healthcare workers.

*-Adrija Thakur
Grade 9
NPS Koramangala*





#14

A Gift to my Doctor

Feeling gratitude and not expressing it is like wrapping a present and never giving it, so I hope that this can be my little present.

Ever since I can remember, I have been fond of superheroes, and I am lucky to say that my life has been full of them. The superheroes that I saw on television, in comic books and posters. Our apartment's security guard who made the school bus wait a couple minutes as I rushed to get ready. And now, you.

*You are the reason that I can hope to go back to school someday. **It is from you that I learn the power of sacrifice, of hope and of perseverance.** You are the reason the world fights.*

*The idea that someone can be so devoted and dutiful in one's own occupation is what inspires millions like me. **The idea that, even in the face of adversity, one can stand strong and radiate strength** is what is going to one day relieve us of this crisis that looms over us.*

Thank you for being a part of our lives. Thank you for being the backbone of our country at a time when we are all falling apart. Thank you for spreading the message of hope and light. There isn't much left to say, really, than thank you- and thank you ever so much.

Sending appreciation and support.

-Anusha V
Grade 11
NPS Koramangala





#15

A Letter of Gratitude

*As the pandemic continues to spread, people are being told to self-isolate, to avoid contracting and transmitting the virus. But for those keeping us safe – healthcare workers, including doctors, nurses, paramedics and others – **self-isolation is not an option.***

Across the world, they have stood up in the face of disease and braved grave dangers. In some cases, hospital staff have even lost their own lives in the effort to protect others. Your dedication, commitment and courage deserve our deepest gratitude and admiration.

We wish you safety and health as you forge ahead to get us to the other side of this pandemic. Your contributions are appreciated and we thank you in our prayers, hearts, and minds each and every day.

Stay strong and THANK YOU!

*-Devarati Muhkerjee
Grade 8
NPS Koramangala*



#16



To the health care workers

*Our world was hit by a disaster that no one was expecting. Schools and offices were closed, construction was stopped, and every profession was affected in one way or another, **however the ones who had to adapt to the most and work twice as hard are often unheeded and we would like to change that.***

Dear health care workers, we often take no notice of how hard you work and this pandemic has only made your job harder, but at the same time, just like every cloud has a silver lining, this pandemic has also made us realize just how important a health care worker is.

In circumstances such as this, every pair of helping hands is extremely crucial and beneficial. You have played a huge role in ensuring that life goes on. The economy is being revived, families are together all because of you. For every life saved a whole family is eternally grateful to you.

Not all heroes have capes and you are a perfect example of this. I can only imagine the courage and determination you have. For this, on behalf of our country, I sincerely thank you

*-Kavya Shankar
Grade 8
NPS Koramangala*





#17

To the Heroes of the Real World

It is difficult to explain how much all the effort that you put into taking care of our country's citizens means to us, but I can say with certainty that you are a shining inspiration for everyone. Our healthcare workers are saving our country, and I would just like to say how much I admire them.

One of my relatives was recently diagnosed with the dangerous virus, but thanks to the healthcare professionals, he is safe and healthy again now, for which I will be forever thankful.

Everything is unprecedented currently and I can only imagine how difficult it must be for our healthcare professionals to brave the uncertain waters of the outside world, which is why I have immense respect for them.

*Movie heroes don't exist, but I have realised that the real world heroes are those that work to make our country a healthier place for us to survive in, and that **these people are tenfold the heroes that those movie characters will ever be.***

I hope that this letter was enough to put a smile on your face and make the light at the end of the tunnel shine a little brighter.

-Ritika Mallick
Grade 9
NPS Koramangala





#18

Thank you for giving us a chance

"The most fascinating of things in this world perhaps, to me at least, is the selflessness of people—their innate need to satiate their conscience through service to the community. And there is no better testimony to this than the medical professionals who brave all odds to provide comfort to those that need it.

"To save lives, rekindle hope (even when they often lose their own), and essentially, mend the cracks in these fickle glasshouse psyches we all possess—be it physically or mentally.

"I seek to express my gratitude to those who behind their carefree smiles, hide a strong resilience, the kind that comes from knowing that you've seen the world at its worst but you've stood your ground—unrelenting in your morals, hearts on your sleeves."

"All I wish for is to let these brave-hearts know. That every breath they allow another to take is a house rightened, a star saved."

"Many say certain things go without saying, but I believe otherwise. Certain words do need saying—gratitude needs expressing—and even the most brilliant of souls need reassurance from time to time.

So, thank you. Thank you for giving us a chance and for mending our glasshouses at the cost of your own. "

-Sneha Parli
Grade 11
NPS Koramangala





#19

A Letter to the Warriors of Today

Our doctors, nurses, technicians, pharmacists, transporters ,EMTs, cleaners and everyone who supports patient care have risen to the occasion and are caring for our most vulnerable members of society.

Thank you—from everyone at NPS Koramangala and the rest of the world—for the sacrifices you make, every day and especially during this pandemic.

Your dedication, commitment and courage deserves our deepest gratitude and admiration.

Your service to patients is saving countless lives, and making an invaluable difference. Thank you for taking the brunt of the pandemic head on, and weathering the storm we are faced with.

This war fought inside the white hospital walls may seem bleak and abysmal at times, but thanks to your grit and patience, all of us will definitely see the light at the end of the tunnel.

As an aspiring medical student, I am proud to follow in your footsteps and hopefully impact the world as much as you are doing right now.

You inspire all of us to work hard and do our best. Thank you so much for the selfless service you exhibit day-in,day-out for all of us.

-Aditya Raj
Grade 11
NPS Koramangala





Get Help

.....
(Helplines that you can use)

1. Green Oak Initiative: +916366447484
2. SAHAI (Bengaluru) : 080-25497777,
9886444075
3. AASRA : 02227546669
4. SNEHA : +914424640050
5. For St John's Medical College Faculty
only - 080-22065460

**Remember, you
are not alone!**

“And once the storm is over, you won’t remember how you made it through, how you managed to survive. You won’t even be sure, whether the storm is really over. But one thing is certain. When you come out of the storm, you won’t be the same person who walked in. That’s what this storm’s all about.”

-Haruki Murakami



