

**How to Cite:**

Nitin, P., Muralidhar, N. V., Sreeshyla, H. S., Narang, B., & Meenakshi, S. (2022). Magic 4 to manage COVID 19 pandemic - mindfulness, meditation, music & masti memories during COVID times. *International Journal of Health Sciences*, 6(S6), 6583–6588. <https://doi.org/10.53730/ijhs.v6nS6.11183>

## **Magic 4 to manage COVID 19 pandemic - mindfulness, meditation, music & masti memories during COVID times**

**Dr. Priyanka Nitin**

Sr. Lecturer, Department of Oral Pathology & Microbiology, JSS Dental College and Hospital, JSS Academy of Higher Education & Research, Karnataka Mysuru – 570015, India

Email: [dr.priyankanitin@jssuni.edu.in](mailto:dr.priyankanitin@jssuni.edu.in)

ORCID ID: 0000-0002-7478-6750

**Nitin V. Muralidhar, MDS**

Reader, Department of Orthodontics & Dentofacial Orthopaedics, JSS Dental College and Hospital, JSS Academy of Higher Education & Research, Karnataka, Mysuru – 570015, India

\*Corresponding author email: [dr.nitinvmuralidhar@jssuni.edu.in](mailto:dr.nitinvmuralidhar@jssuni.edu.in)

ORCID ID:0000-0002-7777-0957

**Dr. Sreeshyla H. S.**

Sr. Lecturer, Department of Oral Pathology & Microbiology, JSS Dental College and Hospital, JSS Academy of Higher Education & Research, Karnataka, Mysuru – 570015, India

Email: [dr.sreeshylahs@gmail.com](mailto:dr.sreeshylahs@gmail.com)

ORCID ID:0000-0001-5861-3545

**Dr. Bindiya Narang**

Reader, Department of Oral Pathology & Microbiology, Sinhgad Dental College & Hospital, Vadgaon, Budruk, Pune-411014, India

Email: [drbindiya@yahoo.co.in](mailto:drbindiya@yahoo.co.in)

ORCID ID:0000-0002-6233-4132

**Dr. Meenakshi S.**

Sr. Lecturer, Department of Prosthodontics, JSS Dental College and Hospital, JSS Academy of Higher Education & Research, Karnataka, Mysuru – 570015, India

Email: [dr.meenakshis@jssuni.edu.in](mailto:dr.meenakshis@jssuni.edu.in)

ORCID ID:0000-0003-2385-7165

**Abstract**--Covid 19 pandemic has drastically altered the way we live. Most of us never imagined that we would see a pandemic in our lifetime. It has made us re-evaluate our priorities in life. With the

massive ups and downs happening in general, stress is taking a toll on the mental health of every individual. Some are able to cope with it, some are finding it difficult to manage day to day activities. Various modalities are being tried to find a way to cope with the mental issues. Herein, the authors have compiled their experience during the pandemic and lockdown which helped them and their family to tide through this massive alteration with the hope that people in general may try these methods for their overall wellbeing.

**Keywords**--COVID 19 pandemic, mindfulness, meditation, music, masti memories.

## **Introduction**

Last year lockdown was a huge success in decreasing the number of mortality rate. This may be due to the fact that not much was known about the long-term effects of COVID. Upon hearing that a 2<sup>nd</sup> wave of lockdown is following the 2<sup>nd</sup> wave of COVID pandemic, people were not as serious as the 1<sup>st</sup> wave. This led to a high rate of mortality this time. This has put us in a depressing state of mind. During the first wave of COVID 19 pandemic, most of us had the thought that by another year we may have a vaccine that will help us combat the pandemic. In spite of vaccination availability, people are yet to take up the vaccine to the extent required to curb further spread. This has led to an increase in the number of positive cases. In the past year, people have become cavalier in their attitude regarding safety, and prevention protocol recommended by WHO. All these are taking a toll on our health, both physical and mental. Lockdown to certain extent has helped to reduce the additional spread of the virus. But, this has caused people to feel isolated, irritable, frustrated, anxious, uncertain, sad, confused, stressed, scared during a crisis like the current pandemic. All these can cause detrimental effects on the mental health and lead to an increase in the risk of age-related mental disorders.<sup>1</sup>

## **Magic 4- 4 “M”**

The best way to deal with lockdown and the rules is to accept the situation as being beyond our control. Learning not to fight the situation is being smart. Most of us are better prepared this time than last year to combat lockdown. We have used the time to clean the house by including children making it a fun activity. We have spent quality time with family. Gentlemen have helped the ladies of the house in the kitchen. They have learnt the amount of effort needed to cook healthy and tasty food. Involving children in the cooking process has taught them to value food. Time is being spent most judiciously. The satisfaction that you derive in eating your food prepared by you is something to be remembered for a long time. Most of us have realized how blessed we are for what we have. We have distinguished between our need and wants. Making wonderful memories even in these terrible times is a blessing. Doing fun/masti activities is a great way to make positive, long-lasting memories.

In spite of all these, there are times when you don't feel like doing anything. It's a human tendency to have ups and downs in life. One cannot be always optimistic or pessimistic. Sometimes it is difficult to always have a positive outlook. And then we start to get frustrated by our inability to do what we want to do, it leads to irritability, anger, depression to name a few. People have tried many ways to deal with their frustration. Here are some, which can be tried to suit one's particular needs depending on the state of mind and taste of an individual. You are most at peace with yourself if you are engaged in some productive activity. Keep yourself healthy and fit by doing activities at home. This time can be wisely spent to learn that "thing" that you always wanted but never had time. With all the teaching happening on internet, it is fun to learn at the click of a button.

Keep away from alcohol, smoking when feeling down. They will drag you down further. Stop obsessing with news. Most of the time the media hype a news for its TRP rating. Take whatever you see with a pinch/handful of salt. Not all news is authentic. Please confirm such news before sharing it with others. Researchers (Halber, 2018, ¶ 6) have found an area of the brain that attaches emotional significance to memories of events and experiences.<sup>2</sup> We can make use of this area to combat the feeling of dejection. Most of us have faced crisis in our life. Take that experience to combat the helplessness that you feel in the current situation. If that crisis was resolved, this too shall pass. We will emerge victorious. In few cases, if one is feeling overwhelmed, talking to a counsellor, health care worker will help. Psychologists and other trained personnel talk to us as to how to deal with the situation. An internet search will help in finding the required information. Preferably go to a trusted site like World Health Organization (WHO), Centers for Disease Control and Prevention (CDC), local, national, state health agencies. Help lines are also a source of comfort. Spiritual helplines are also available. Eg: ISKCON Dwaraka, Delhi.

Meditation has helped many in these tough times. Youtube and other guided meditation apps help us to control the feeling of helplessness. Some of these apps are free and few are paid. Various sites also offer online workshops to learn meditations. A positive side of the current pandemic is that people have used the situation to think out of the box to deliver their products. What was not thought to be possible online previously, is now being done online with various modifications. All these have contributed to a positive outcome in people who have practiced meditation. Various studies by Chételat et al., (2018) have resulted in the fact that meditation has long term benefits on the mental health. Mindfulness is the ability to be aware and be present in the moment. It is immersing oneself in the moment. It is opposite of what we normally do. We keep mechanically doing something and we keep thinking other things. Our thoughts gallop in various directions influencing our present state of mind.

One of the ways to prevent the vicious cycle of unnecessary negative thoughts is to be mindful. Mindfulness helps us to take pleasure in the smallest things we do. If you find yourself thinking unhappy thoughts, pause your thoughts. Put them on hold. Better yet delete them. Use the space to put a happy thought. Happy thought puts us in a positive frame of mind. Positive mind equals happy feeling. When you train yourself to be present in the moment, when you focus only on the job you are doing, negative thoughts don't enter our brain. Our mind can occupy

only a single thought at a time. The trick is to identify oneself when one is going towards unnecessary negative thoughts, hit the pause button, delete it and replace it with a happy thought. Always count your joy and blessings. It is always greater than the number of sad, depressing thoughts. Keep a gratitude diary and daily write down a minimum of three things that you are grateful for. Do not repeat. In time, you will truly appreciate how much we have and be grateful. Mindfulness not only helps in short-term, but its long-term benefits range from simple to complex areas when practiced properly. Researchers (Flett et al., 2019; Creswell, 2017) have found improvement in the mental well-being of the participants who were involved in various studies regarding the influence of mindfulness on mental health.<sup>3,4</sup> The following are few guided meditations/ mindfulness apps and websites which can be searched (Google, 2021, guided meditations/ mindfulness apps) for further information.<sup>5</sup>

Happify, Omvana, Brain.FM, Joyable, Mindful.org, Breethe, headspace, myLife meditation

For Sleep- calm, buddhify

For breathing- inscape, iBreathe, Breathe+

For quick meditation- Oak, Whil, Simple habit

For spirituality- Mindfulness with Petit BamBou, Waking up, Prana breathe

For beginners- Meditation studio, let's meditate, Happy not perfect, Stop Breathe & Think Kids.

One of the ways to deal with negative phase of mind is music. Listen to it whenever you find yourself thing negatively. A google search for different types of music lists around 50 different forms with numerous sub categories. The oldest is the classical music which trace their origin from the "Saama-veda". Various researchers confirm the influence of music, either western or classical on human brain. A soothing music help in changing the neural and behavioral aspects (Lin, 2011). Music increases pleasure causing substances and reduces stress causing substances. Dopamine is one such chemical. It is a neurotransmitter, that that affects the emotional behavior and mood. This influences not only our mental health, but also other factors that are involuntary and beyond our control. It is a "happy" chemical that is released as a "reward" (Olguín HJ, Guzmán DC, García EH, Mejía GB. (2016). The response of the brain is quick and in case of familiar music, the brain primes itself beforehand for the dopamine rush it will receive when the pleasurable music peaks are reached. Not only music, but its anticipation also gives us the dopamine rush. Among various benefits of music, is the ability to influence immune system. Music is found to be an immune booster which is necessary in the current pandemic (Hegde, 2017).

An important note is to make sure to listen to music which can sooth us or prevent the negative moods. Certain genre of music is said to cause aggression or other nonessential feeling. This needs to be kept in mind. Learning music also is a way to tackle the feeling of helplessness/frustrations. Few of the sites given below are the online resources which teaches music or musical instruments. YouTube, GarageBand, Yousician, Simply Piano. Some apps and websites which cater to new music include: Spotify, Pandora, YouTube, Mood Fuse, SoundCloud. An inexhaustive list can be googled for further information. Listening to soothing music at the end of the day is a great way to go to sleep. It puts our

consciousness in the right frame of mind to be better prepared to face the next day. In case of insomnia, sleep apps help. Relax melodies, Sleep cycles, Recolor, Sleep time, Pillow, Relax & sleep, Digipill are few apps that help to fall asleep. One needs to try of few of them till they find a suitable app for their use.

## Conclusion

The only way to deal with this pandemic and its associated effects is to accept the reality and continue doing what we want to pursue. The hope for a better future always remains. There are always many things that all of us are grateful for. Life cannot be put on hold for anything. Every adversity is an opportunity to think beyond the curve to come up with something better. People are utilizing this time to prepare for sports, new business ideas, ventures, new innovation, new technologies. Being mindful, doing meditation, having masti or listening to music-you can choose any of these to tide over the situation. As long as any of these or something else works in keeping you happy and safe, it is of no consequence what is being used. As the saying goes...this too shall pass and once again it's a new day.

## Acknowledgement

The authors also acknowledge the immense help received from the scholars whose articles are cited and included in references of this manuscript. The authors are also grateful to authors / editors / publishers of all those articles, journals and books from where the literature for this article has been reviewed and discussed.

## References

1. Attamimi, H. R. ., Lestari, Y. ., Situmorang, B. . H. L. ., Antari, G. Y. ., & Nugrawati, N. . (2020). Application of habituation method in gernas interventionsin: the pandemic time COVID-19 . *International Journal of Health & Medical Sciences*, 3(1), 98-104. <https://doi.org/10.31295/ijhms.v3n1.175>
2. Chételat G, Lutz A, Arenaza-Urquijo E, Collette F, Klimecki O, Marchant N. (2018). Why could meditation practice help promote mental health and well-being in aging? *Alzheimer's Research & Therapy*. 10;57:1-4. <https://doi.org/10.1186/s13195-018-0388-5>.
3. Creswell JD. (2017). Mindfulness Interventions. *Annu. Rev. Psychol.*68:18.1–18.26. <https://www.annualreviews.org/doi/abs/10.1146/annurev-psych-042716-051139>
4. Flett, J. A. M., Hayne, H., Riordan, B. C., Thompson, L. M., & Conner, T. S. (2019). Mobile mindfulness meditation: A randomised controlled trial of the effect of two popular apps on mental health. *Mindfulness*, 10(5), 863–876. <https://doi.org/10.1007/s12671-018-1050-9>
5. Hegde S. (2017). Music therapy for mental disorder and mental health: the untapped potential of Indian classical music. *BJPsych international*, 14(2), 31–33. <https://doi.org/10.1192/s2056474000001732>
6. Lin, S. T., Yang, P., Lai, C. Y., Su, Y. Y., Yeh, Y. C., Huang, M. F., & Chen, C. C. (2011). Mental health implications of music: insight from neuroscientific

- and clinical studies. *Harvard review of psychiatry*, 19(1), 34–46. <https://doi.org/10.3109/10673229.2011.549769>
7. Olguín HJ, Guzmán DC, García EH, Mejía GB. (2016). "The Role of Dopamine and Its Dysfunction as a Consequence of Oxidative Stress", *Oxidative Medicine and Cellular Longevity*, 2016, 1- 13. Article ID 9730467. <https://doi.org/10.1155/2016/9730467>.
  8. Suryasa, I. W., Rodríguez-Gámez, M., & Koldoris, T. (2021). Health and treatment of diabetes mellitus. *International Journal of Health Sciences*, 5(1), i-v. <https://doi.org/10.53730/ijhs.v5n1.2864>
  9. [www.google.com](http://www.google.com)
  10. [www. Brainfacts.org](http://www.Brainfacts.org).