



PSYCHOANALYTIC THERAPY & RESEARCH CENTER

REGISTERED PUBLIC CHARITABLE TRUST – REGN. NO E- 4971

India's Premier Training Centre for Child & Adult Therapy



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RESILIENCE

in the time of COVID 19

For more information on PTRC : www.psychoanalysis-mumbai.org

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In a world of tension and breakdown it is necessary for there to be those who seek to integrate their inner lives not by avoiding anguish and running away from problems, but by facing them in their naked reality and in their ordinariness.

~ THOMAS MERTON

This perhaps is RESILIENCE`

Some Musings....

It is day 21 of the Shelter at Home Mandate. Covid 19, April 2020. Things are slowing down, my income for the month is uncertain and I'm wondering how and when this will end or will this be the New Normal. Outside the sounds of cars passing, the jamming of horns, hammering from some nearby construction site, loud voices of people chatting on the footpath, have subsided. The humans are quiet, but the world is not without sound. Just the opposite. In our absence, there is a symphony. The birds – there are many; small flocks of flitting brown ones, yellow crested and innumerable others are singing.

Heads lifted, breasts filled, they sound out into the impossibly gorgeous day. Have they always been there? Am I just taking notice? Or is there a bit more space for them as we humans take up a bit less?

Psychoanalysis seeks a deep understanding of the human psyche- rather than focusing merely on behaviour change or symptom resolution, it explores deeper motivations and the potential sources of emotional turmoil

How to make sense of all this ? My mind likes things in neat and tidy packages. It thinks it's figured something out. Ah, see, when we humans get out of the way, a world that's been oppressed by our presence surges back to life. Perhaps there is some truth to that. But resting there fills me with fear and anger. I have to face that fear, anger and uncertainty. I cried, rolled, stomped and sighed many a time, I often found it hard to sleep after working with technology for many hours, woke up to more bad news and more statistics but also felt grateful that my family and friends could weather this storm together. I felt deep concern for hours together, for those who were alone, unhoused and hungry. I wondered what I could do about the mess and did what I could. The feelings come up in a non linear way and I am put in touch with a truth beyond the current moment. Within it is wisdom that has contributed to the resiliency of my people from time and eternity. In making contact with it, I'm immediately drawn out of my small mind into something much larger. It's a humbling feeling to suddenly have time to see the moon in it's various phases and the stars shining bright.



Psychoanalysis seeks a deep understanding of the human psyche- rather than focusing merely on behaviour change or symptom resolution, it explores deeper motivations and the potential sources of emotional turmoil. The psychoanalytic relationship makes meaning using the relationship of the patient and the therapist as a basis. The Analytic Therapist invites you to say whatever comes to mind without censoring your associations. Helping you become aware of the thoughts, feelings and patterns that arise. Helping you make sense of

them without judgement, until they can be dealt with instead of battled against.

SOME POINTERS FOR COPING AND PRACTICING RESILIENCE



- Give yourself some time to get used to things
 - Keep up social connections
 - Actively manage stress
 - Move your body
 - Sleep
 - Practise mindfulness
 - Watch for not so positive means of coping
 - Mix it up ... not too much of one thing
 - Seek help if needed
 - Use the time productively
- Consider how you can contribute

This too shall pass, and we will be ready to embrace the new, recalibrated future. Possibly one that focuses even more on the reflective, mindful, handcrafted and intimate. We need to keep in touch with that special deep part of ourselves to bring more care, compassion and gratitude to our planet and our community.