

**Ms Musubi Yata** of the Japanese Red Cross Society (JRCS) highlighted the steps that individuals can take to address their mental issues.

### ***Steps that Individuals can Adopt to Address their Mental Issues***

1. Look at yourself from different angles. Understand and observe yourself. What kind of situation are you in right now?
2. Observe your behaviours and reactions. Do you find it difficult to sleep, hard to concentrate?
3. What kind of emotions do you have? Are you angry, irritated, sad, bored, relieved, confused, surprised, excited, happy? Deeply analyse your feelings. Why and when do you feel these emotions?
4. What values or beliefs are important to you?
5. Listen to your voice. What do you want to start in the future?
6. What experiences did you have? Were they meaningful experiences? What did you learn?
7. Observe how your emotions are impacting you. Listening to your inner voice and your heart. Listen to your real feelings. How are you feeling right now?
8. Look back in your lifetime, understand your coping mechanisms. What events had happened in your life? How was it emotional then? Was it positive or negative? How do you cope with stress? You may feel negative because of the COVID-19 pandemic. Learn from your experiences. Find out what are your common coping strategies.
9. Listen to your inner voice. Create a comfortable environment. Put a flower in your room. Create an environment where you feel calm and comfortable.
10. Rely on someone you feel comfortable with.
11. Initiate something you are interested in or are passionate about. Talk with someone about what you are interested in.
12. Acknowledge what you can do. Think as positively as possible.
13. Establish connections or relationships with others. In a stressful environment, sharing with your family and friends and gaining their support can be beneficial. Your challenge may not seem as daunting after sharing it with your family and friends. You can find the courage to overcome it. Having someone to support you is indispensable. It helps you become more resilient.