



BETTER HEALTH

QUARTERLY NEWSLETTER

With topics ranging from myths and facts surrounding Covid-19 to the importance of solitude for parents, the BetterHER Health newsletter is your guide to a sound body and mind.

In this edition of our newsletter, we look at practices to ensure good mental health and well-being for parents and children.

Mental Health Support for Working Women During the Pandemic

Understanding the importance of a healthy mind, body, and spirit

According to the World Health Organization (WHO), more women are affected by depression than men. This is definitely a cause for concern, but it also does not come as a surprise to us all. The working woman we know today is a caretaker, breadwinner, and round-the-clock custodian for her family. The aftermath of this juggling can be of grave consequence unless women are given the adequate mental support they require amidst trying times. Here are some resourceful tips.

Ask for help

One of the key challenges of seeking mental health support is the inability to articulate your feelings to someone else. If you feel the need to talk to someone outside of your trusted circle, schedule an appointment with a therapist or counselor who can guide you through your work-related problems. Although you may be able to cope by distracting yourself, it is always best to consult a licensed professional when it comes to mental health issues.



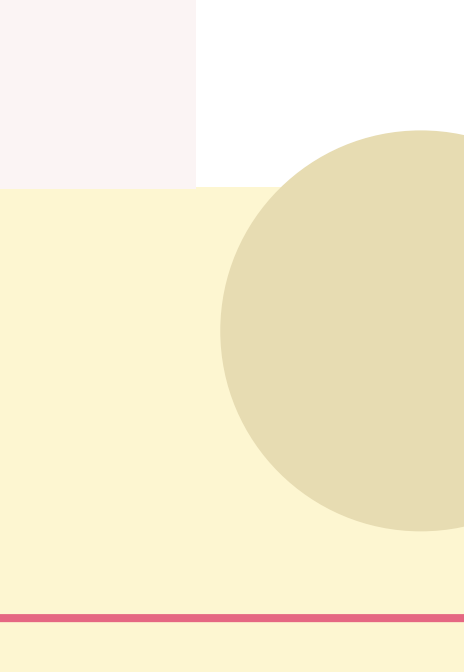
Express yourself

Keep in mind that talking about your feelings is not a sign of weakness, but instead a sign of immense strength. When the going gets tough, reach out to a confidante and walk them through your problems. If you have trouble coping with the stress of work and personal life, make sure to inform your manager about the struggles of being a working mother.



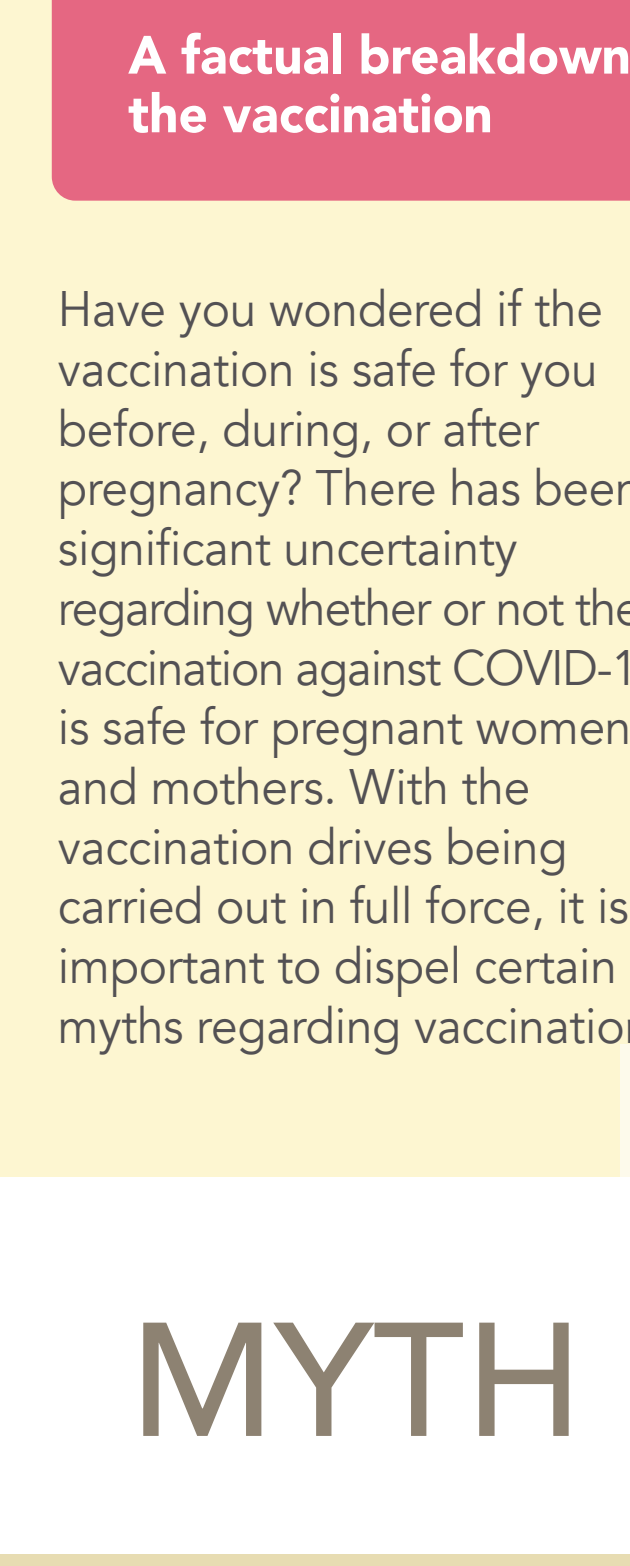
Stay healthy

A healthy mind and a healthy body go hand in hand. It is imperative to ensure you eat right and get enough physical exercise during the ongoing pandemic. Try and fit in a quick indoor workout every morning before you start your workday. It's also important to never skip a meal, even between work meetings and household chores.



Find time for your passion

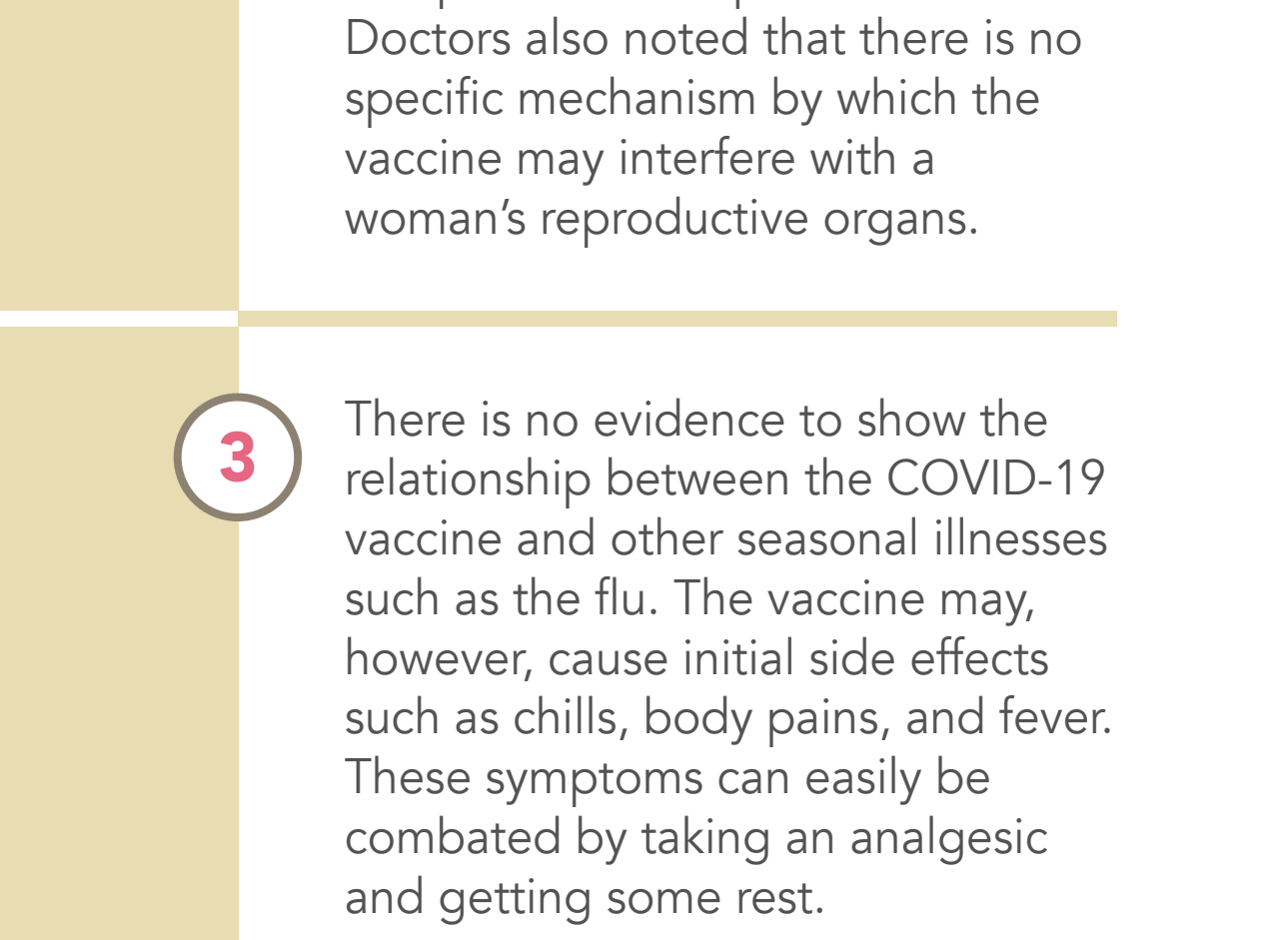
It's easy to neglect your interests and extracurriculars when you're a working woman. Balancing your work and personal life may seem like a herculean task, but the solution is quite simple. Allocate time for yourself every day to indulge in activities that you enjoy such as painting, dancing, writing, or even listening to music. Our passions help boost 'happy chemicals' in our brain, thereby drastically reducing stress, work-induced anxiety, and uncertainty owing to the COVID-19 pandemic.



Myths and Facts about the COVID-19 Vaccination

A factual breakdown of myths surrounding the vaccination

Have you wondered if the vaccination is safe for you before, during, or after pregnancy? There has been significant uncertainty regarding whether or not the vaccination against COVID-19 is safe for pregnant women and mothers. With the vaccination drives being carried out in full force, it is important to dispel certain myths regarding vaccination.



MYTH

VS.

FACT

The effectiveness of the COVID-19 vaccines cannot be determined because they were released in a short period.

1

Vaccines that have been authorized for public distribution are safe and effective. Although they were developed within the year, each vaccine has gone through a rigorous testing and standardization protocol and has been vetted by trusted professionals.

The COVID-19 vaccine causes infertility in women.

2

There is no scientific evidence to prove that the COVID-19 vaccine causes infertility or any other complication in expectant mothers. Doctors also noted that there is no specific mechanism by which the vaccine may interfere with a woman's reproductive organs.

If I get vaccinated against COVID-19, I will be prone to more illnesses.

3

There is no evidence to show the relationship between the COVID-19 vaccine and other seasonal illnesses such as the flu. The vaccine may, however, cause initial side effects such as chills, body pains, and fever. These symptoms can easily be combated by taking an analgesic and getting some rest.

My DNA can be altered if I get the COVID-19 vaccine and this might affect the health of my child during pregnancy.

4

Certain vaccines contain messenger RNA (mRNA) in order to produce the spike proteins. These proteins are what help our body in building immunity against the coronavirus. However, in doing its duty, the mRNA never interferes with the nucleus of the cell, which is where DNA resides. Hence, your child will not be affected if you are vaccinated.

The COVID-19 vaccination causes irregularities in the menstrual cycle.

5

There has been little to no evidence that the COVID-19 vaccine causes irregular periods or impacts the average woman's menstrual cycle in any way.

The vaccine can cause cancer in women.

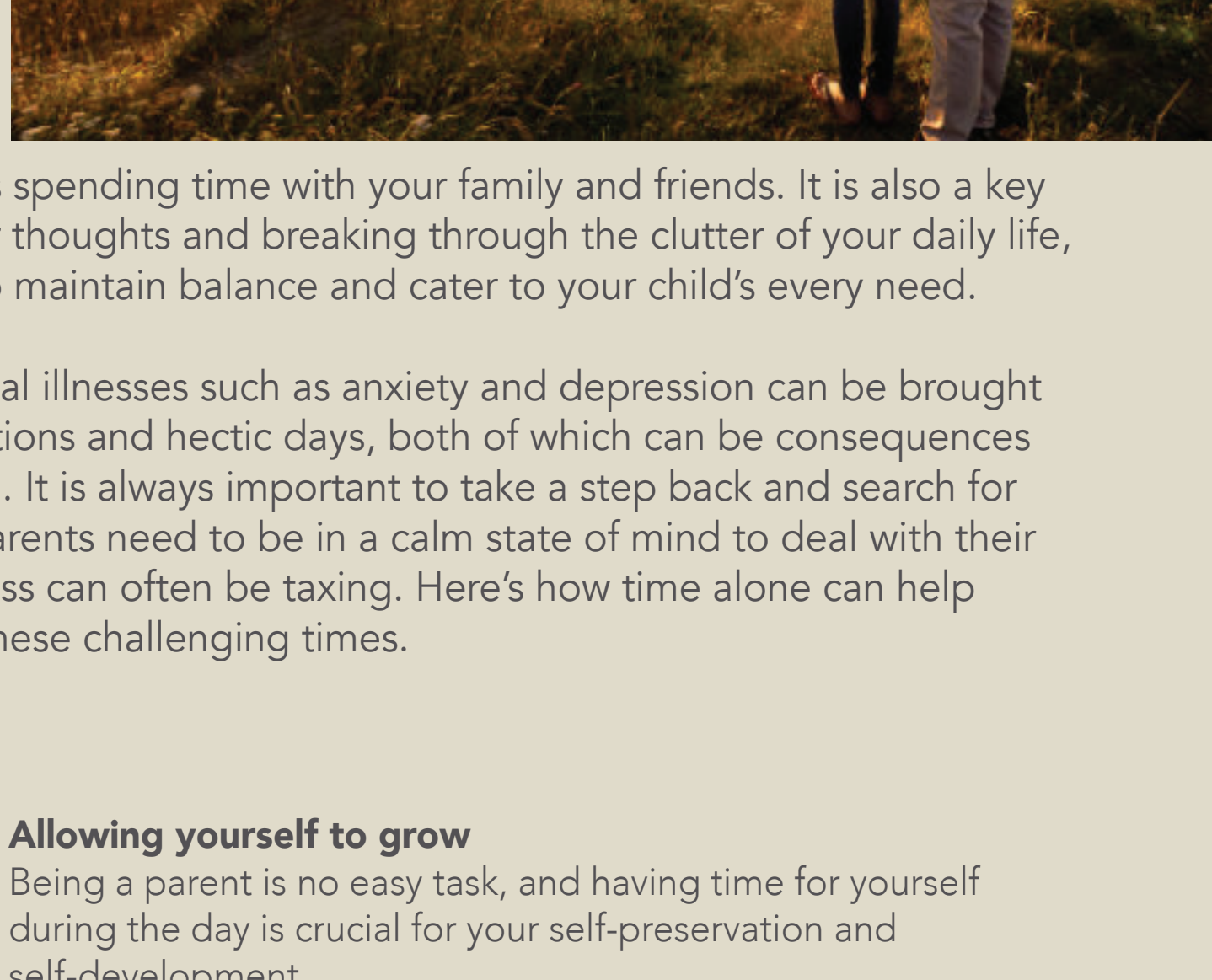
6

Although there has been significant controversy in the past regarding the relationship between vaccination and carcinogens, there is no scientific proof to support the same. The COVID-19 vaccine has shown no indication of increasing the risk of cancer.

The Importance of Taking Time for Yourself as Parents

You can only help others if you first help yourself

Solitude is an essential part of one's life — even more so for those who are entering parenthood. The process of juggling work and personal life does take a toll on you, so it's important to sketch time out during the day to take a breather. In fact, spending time alone is as important as spending time with your family and friends. It is also a key factor in gathering your thoughts and breaking through the clutter of your daily life, thereby allowing you to maintain balance and cater to your child's every need.

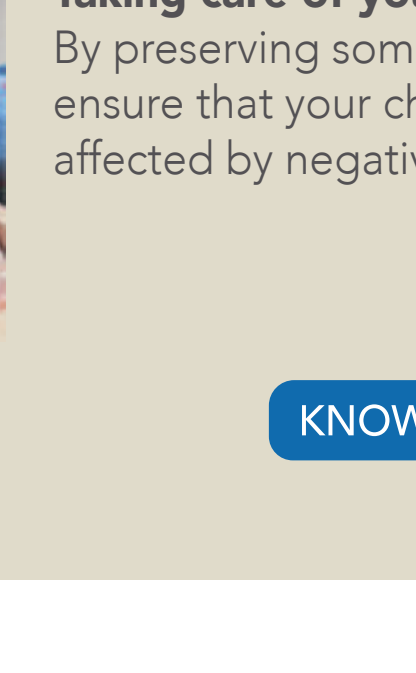


Studies show that mental illnesses such as anxiety and depression can be brought about by stressful situations and hectic days, both of which can be consequences of information overload. It is always important to take a step back and search for quiet within yourself. Parents need to be in a calm state of mind to deal with their children, and this process can often be taxing. Here's how time alone can help you navigate through these challenging times.



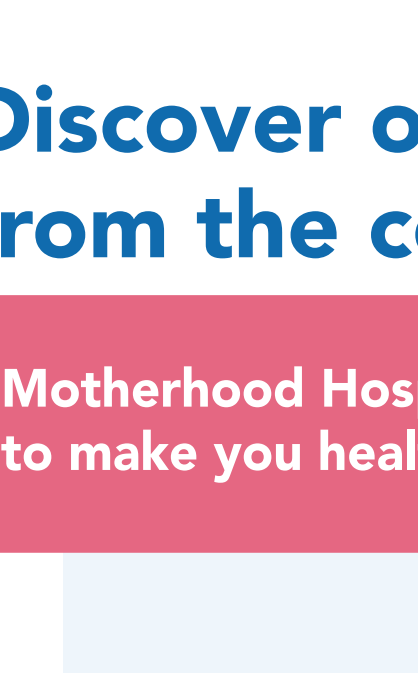
Allowing yourself to grow

Being a parent is no easy task, and having time for yourself during the day is crucial for your self-preservation and self-development.



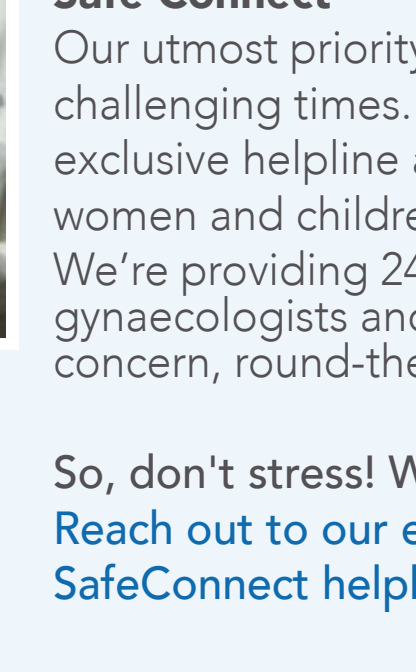
Enhancing focus and productivity

Peace and quiet can help you rejuvenate and provide a sense of calm, while also drastically improving your productivity. Meditation is a fantastic way to relieve stress and build focus, so find time during your day to do yoga.



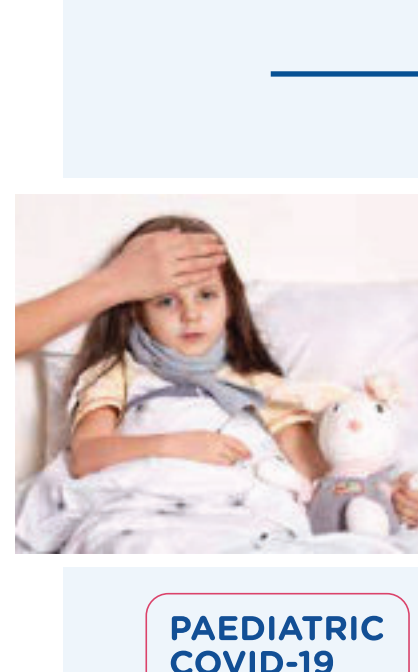
Stimulating thoughts

Alone time allows you to discover new ideas and new ways of going about your dilemmas. With a clear mind, there is less background noise, thus allowing you to drain out distracting thoughts.



Making room for positivity

Spending time alone is said to have positive effects on you. It boosts immunity and reduces stress levels, and brings a refreshing and optimistic perspective to your daily life.



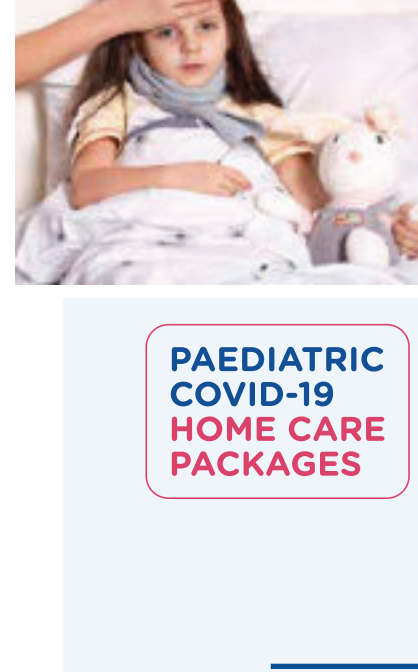
Taking care of your child

By preserving some time of each day for yourself, you can ensure that your children have room to grow and are not affected by negative emotions or distracting behavior.

[KNOW MORE](#)

Discover our expert healthcare from the comfort of your home

Motherhood Hospitals is offering a range of services to make you healthier and happier



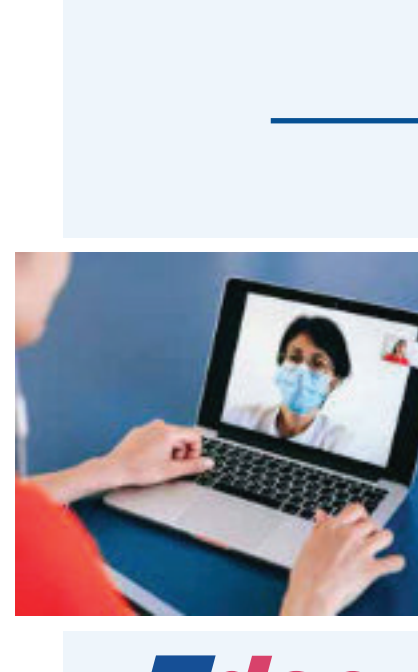
Safe Connect

Our utmost priority is being by your side during these challenging times. We are elated to introduce an exclusive helpline at Motherhood Hospitals to support women and children during these unprecedented times. We're providing 24x7 access to trained and experienced gynaecologists and paediatricians to address any concern, round-the-clock.

SafeConnect
08067238814

So, don't stress! We are only a call away.
Reach out to our exclusive
SafeConnect helpline at 080 6723 8814

[KNOW MORE](#)



Pediatric COVID-19 Home Care Packages

As a parent, one of your biggest worries today is the risk of your child showing COVID-19 symptoms or worse, contracting the virus. In case your child tests positive for COVID-19, Motherhood Hospitals promises to be by your side. Our remote home-monitoring services by experts in children's health are here to help you nurse your child back to health.

PAEDIATRIC COVID-19 HOME CARE PACKAGES

Get in touch with us at 080 6723 8850 for details

[KNOW MORE](#)



Home Vaccinations

Book your child's vaccination appointment from the comfort of your own home. Motherhood Hospitals is happy to announce a vaccination initiative for the benefit of your children so you don't have to worry during these difficult times.

VACCINATIONS @ HOME
080 6723 8845

Connect with our team at 080 6723 8845 to book your vaccination at home

[KNOW MORE](#)



T-Doc

It's 2 AM and your child has a high fever? Don't panic, because we're bringing our doctors even closer to you. Speak to our experienced gynaecologists and paediatricians through 24x7 video consultations.

Tdoc

Motherhood is by your side — at our hospitals and online

[KNOW MORE](#)

Sources:

- The COVID-19 Vaccine: Myths vs Facts, MU Health: <https://www.muhealth.org/our-stories/covid-19-vaccine-myths-vs-facts>
- How vaccines work - to protect us against diseases, World Health Organization (WHO): <https://www.who.int/vaccine/work>
- COVID-19 Vaccines: Myth Versus Fact, Johns Hopkins Medicine: <https://www.hopkinsmedicine.org/health/conditions-and-diseases/coronavirus/covid-19-vaccines-myth-versus-fact>