

## LOST NEST SYNDROME

**Shruti Desai**

Psychologist, REBT with marital Therapy, Behavioural therapist  
beautybrains9@gmail.com

### INTRODUCTION

A very interesting and currently blooming area of discussion in area of mental health. Name may seem little unknown but problem is not.

COVID -19 has brought lot of changes in our lifestyle in every sense. Our eating; sleeping; work even coping style have changed and with work from home situation we feel more tired and stressed even when we are in the house. We all want break from house. Have u all wonder even when we are in the house why are we tired? Why we want break from house?

This all is Lost nest syndrome.

We all miss telling our bosses; I am home now will talk about this in the office? Or switching on and off between work and home or telling I am travelling will talk about it in a while. We all miss telling ourselves no office talks in the house.

HOME is our entire comfort zone. Even if we go for a holiday when we come back home we feel ‘home sweet home’. It’s a place where we can relax; have ‘me’ time and have personal space, but in this lockdown we have lost that comfort; that space and our own corner.

Our office and home has become one. Work time has become unlimited. Personal space has become work space. These all situations are related to LOST NEST SYNDROME.

We all have lost our home sweet home under pile of work and extra duties. We feel less efficient and more tired because we simply can’t say no to anything; neither to household work nor to office.

The symptoms of lost nest syndrome

1. Lack of consistency in work hours
2. Frequent shifting between work and other activities which includes browsing the social media and other brief entertaining activities
3. In ability to relax after completing the work hours

4. Consistent feeling of not having rested after completing the day's work
5. Confusion in shifting the roles between work and home related responsibilities
6. Preoccupation with official activities and work related responsibilities most of the time in a day even when work for the day is completed.
7. Despite the alertness and reminders of home, self-related responsibilities not being interested in carrying out the same based on the belief that they are at work
8. Substantiating the denial and avoidance of home, self-related responsibilities with feelings of the necessity to be alert to work round the clock.
9. Preoccupation with the functions associated with job even when they are involved in entertaining of pleasurable activities
10. Frequent checking of the gadgets that aid their job functions for alerts even after their defined work hours, in between their home related activities and resting hours
11. Inability to tolerate the environmental disturbances and Frustration related to lack of control over the environment at home
12. Stress in relationships due to psychological preoccupation with work even after its completed for the day
13. Developing a sense of loneliness even when they are physically present among family members.

So how to tackle with this:

1. Don't let this lockdown make you feel Vulnerable; tired and lost.
2. Take out time for yourself. Enjoy your favourite corner in the house with the cup of coffee; wife; parents or kids and most specially turn off from work atleast for sometime to make you feel "home sweet home" again.
3. Have time out from work. Meet back with your own corner in the house.
4. Switch off cell phones at least for 10 minutes. Switch off from work and social media.
5. Most importantly the way we use to manage on regular days. Finishing household chores and then going for work. Switch duties with kids.

#### **REFERENCES:**

1. Manoj, R. (July 7, 2020). Lost next syndrome - secondary effect of work from home, a new scenario of mental health arena. LinkedIn <https://lnkd.in/gJCCex4>