

“Even reading
negative comments
can be triggering”

KANCHAN RAI

Interview By armin S.

Kanchan Rai, a mental wellness coach, sits down to chat with us about her own journey of depression and what we can do in times like these to keep our spirits up. Kanchan believes that there are definitive ways to take care of your mental health, and now, more than ever, we need to pay attention to triggers. We speak to Kanchan about mental health issues in light of COVID-19 and social media.