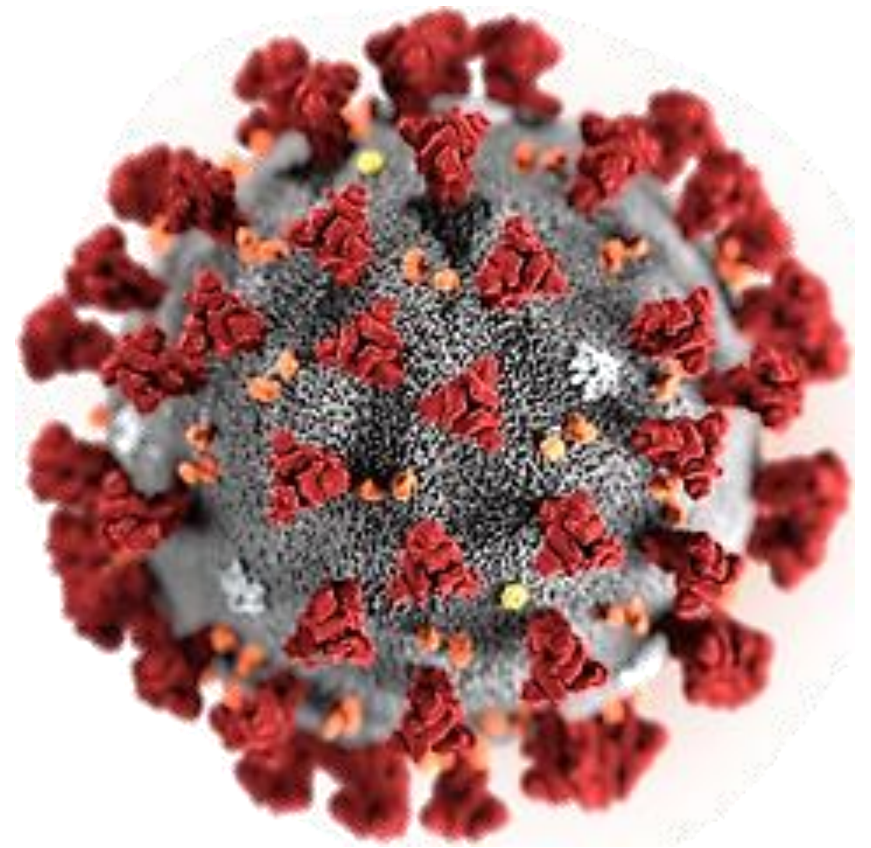



Coping with Stress during Pandemic




STRESS DURING COVID-19

It is normal to feel sad, stressed, confused, scared or angry during a pandemic crisis



It also becomes important that you cope up with the stress in an appropriate manner



The following information are collected from websites of World Health Organization, Centre for Disease Control and Prevention, and Institute for Disaster Mental Health

Common stress related signs:

Feelings of numbness, disbelief, anxiety or fear

Changes in appetite, energy, and activity levels

Difficulty concentrating

Difficulty sleeping or nightmares and upsetting thoughts and images

Physical reactions, such as headaches, body pains, stomach problems, and skin rashes

Worsening of chronic health problems

Anger or short-temper

What STRESS can do to you?

Stress during an infectious disease outbreak can include:

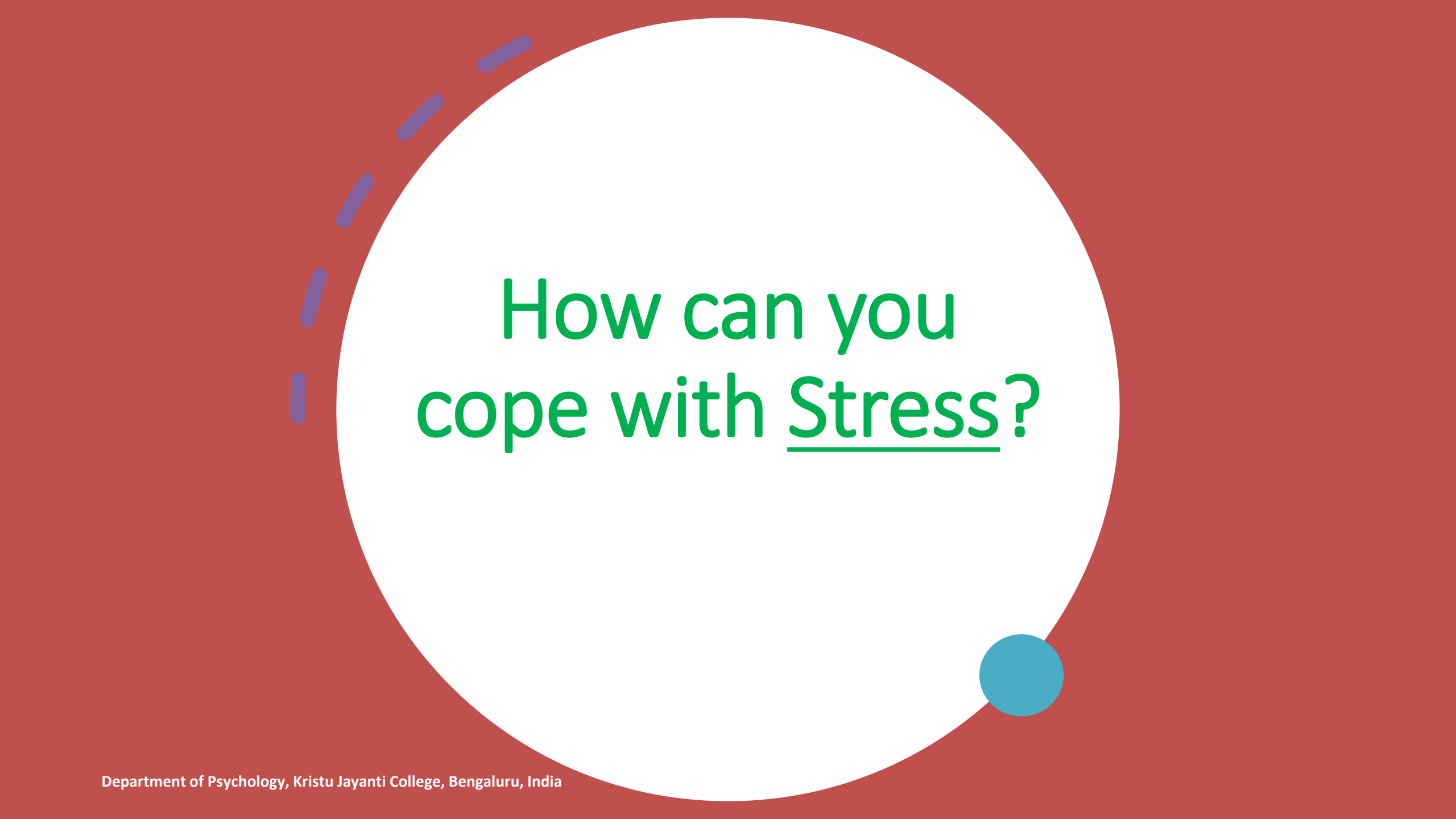
Fear and worry about your own health and the health of your loved ones

Changes in sleep or eating patterns

Difficulty sleeping or concentrating

Worsening of chronic health problems

Increased use of alcohol, tobacco, or other drugs



How can you
cope with Stress?

Limit news consumption to reliable sources

It's important to obtain accurate and timely public health information regarding COVID-19, but too much exposure to media coverage can lead to increased feelings of fear and anxiety

Psychologists recommend balancing time spent on news and social media with other activities unrelated to quarantine or isolation, such as reading, listening to music or learning a new language.

Trusted organizations — like World Health Organization, Ministry of Health and Family Welfare— are ideal sources of information on the virus

Create and follow a daily routine

Maintaining a daily routine can help both adults and children preserve a sense of order and purpose in their lives despite the unfamiliarity of isolation and quarantine

Try to include regular daily activities, such as work, integrate other healthy pastimes as needed

Take care of your body – take deep breaths, stretch, or meditate, try to eat healthy, a well-balanced meals, exercise regularly, and get plenty of sleep

Stay virtually connected with others

Your face-to-face interactions may be limited, but psychologists suggest using phone calls, text messages, video chat and social media to access social support networks

If you're feeling sad or anxious, use these conversations as an opportunity to discuss your experience and associated emotions

Reach out to those you know who are in a similar situation

When things are out of hand talk to a Psychologist or Counsellor

Maintain a healthy lifestyle

Get enough sleep, eat well balanced & nutritious food, and practice exercise, yoga, and meditation in your home

Avoid using alcohol or drugs to cope with the stresses of isolation and quarantine

Catching up on things that has been pending for a long time

Managing stress through Cognitive Changes

Do what you can to take charge of your anxiety by breaking your concerns down into manageable chunks

Change what you can, and work on strategies for accepting and coping with what you can't

Limit your media exposure so you're not dwelling on the situation

Managing stress through Cognitive Changes

Stay connected, through whatever means are available, to the people that are important to you

Above all, remember what stress management strategies work for you, and use them regularly to get through this challenging outbreak



Resources:

- https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html
- <https://emergency.cdc.gov/coping/selfcare.asp>
- <https://newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf>