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.
<table>
<thead>
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<th>Common stress related signs:</th>
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<tr>
<td><strong>Feelings of numbness, disbelief, anxiety or fear</strong></td>
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<td><strong>Changes in appetite, energy, and activity levels</strong></td>
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<td><strong>Difficulty concentrating</strong></td>
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<td><strong>Difficulty sleeping or nightmares and upsetting thoughts and images</strong></td>
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<td><strong>Physical reactions, such as headaches, body pains, stomach problems, and skin rashes</strong></td>
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<td><strong>Worsening of chronic health problems</strong></td>
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<td><strong>Anger or short-temper</strong></td>
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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://emergency.cdc.gov/coping/selfcare.asp](https://emergency.cdc.gov/coping/selfcare.asp)
- [https://newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf](https://newpaltz.edu/media/idmh/covid-19/IDMH%20COVID19%20Community%20Stress%20Management%20Tip%20Sheet%202020%20Final.pdf)