

COPING WITH STRESS DURING THE PANDEMIC



COVID-19
CORONAVIRUS

IT IS NATURAL TO EXPERIENCE STRESS AND ANXIETY DURING A PANDEMIC. UNCERTAINTY ABOUT THE NEW VIRUS AND THE HEALTH CONCERNS SURROUNDING IT CAN BE OVERWHELMING. STRESS CAN AFFECT ONE'S PHYSICAL, EMOTIONAL AND COGNITIVE WELL BEING. THAT'S WHY IT IS IMPERATIVE TO MANAGE STRESS AND MINIMIZE ITS NEGATIVE EFFECT.

HERE ARE FIVE PROVEN WAYS TO EFFECTIVELY MANAGE AND CONTROL STRESS AND ANXIETY.

1. MEDITATION:

MEDITATION HAS BEEN PROVEN TO REDUCE STRESS. IT PROMOTES A STATE OF RELAXATION AND A CALM. PRACTISING 15-20 MINUTES OF MEDITATION HELPS THE BODY HEAL AND REPAIR ITSELF FROM THE PHYSICAL AND EMOTIONAL EFFECTS OF STRESS.

2. CONNECT WITH NATURE:

RESEARCH SHOWS THAT JUST 20 MINUTES OF BEING IN THE OUTDOORS INCREASES SEROTONIN LEVELS WHICH IN TURN REDUCES STRESS AND HELPS LOWER THE RISK OF DEPRESSION.

3. EXERCISE:

STAYING ACTIVE PROMOTES A HEALTHY MIND AND BODY. AIM FOR SOME KIND OF PHYSICAL ACTIVITY AT LEAST 3-4 TIMES A WEEK.

4. POSITIVE AFFIRMATIONS:

REPLACE EVERY NEGATIVE THOUGHT WITH A POSITIVE ONE. MAKE A LIST OF THINGS YOU ARE GRATEFUL FOR.

5. CONNECT WITH FRIENDS AND FAMILY:

SOCIAL INTERACTION WITH LOVED ONES PROMOTES A SENSE OF WELL BEING.

