

- Mental health

Coping with stress amidst pandemic

Panay News · 22 Mar 2021 · 10 · Sigma Central E/S, District of Sigma

ONE common misconception about human life is that stress is just normal and must not be given priority. However, in this world full of up side down – stress is indeed inevitable but it is curable. Whether we admit it or not, this pandemic has brought us huge stress and unimaginable sufferings. In fact, the suicide rates that is happening during this pandemic is very alarming. So to speak, it is important that every one understand what stress is and how essential coping up with it. This article will discuss some easy and helpful ways to fight stress amidst pandemic.

1. SCHEDULE DAILY ACTIVITIES

We must set our mind and body in doing productive things even if we are just staying at home. By setting a daily routine for work: take regular breaks, leave your desk for lunch, and have a fixed time to turn off.

2. CONNECT WITH OTHERS.

Staying connected with the people that we love, people that we care about, and people that we trust is one way for us to relieve stress. These people are the kind of people who would listen to whatever dilemmas we have.

3. WORK OUTS AND EXERCISES.

Physical activity can do wonders for our mental health – especially if we are feeling stressed. Watching videos online and setting up a good place at home to do exercise can be helpful for us to loosen up a bit.

4. KNOW WHEN TO WATCH NEWS.

Excessively checking updates of coronavirus news can leave us stressed and emotionally exhausted. Take the time to learn when it is necessary to watch news. Read motivational books rather than stressful news. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. By doing this simple steps –we could avoid getting and being stress. (Contributed article)