

COPING STRESS DURING THE PANDEMIC

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When the COVID-19 outbreak occurs, things start to change, becoming complicated, overwhelming, and even frightening. You may experience fear and anxiety surges. Even if you're handling your anxiety well, there's still a hard thing to deal with.

Whether attempting to deal with at-risk relatives or patients, a combustible economy, juggling work, keeping kids entertained, or simply adapting to a new, unfamiliar setting, stress can quickly accumulate and adversely influence you – mentally and physically. Here are some tips to help us cope with our stress during the pandemic.

Create a routine. It's tempting to skip essential habits when you're stuck at home, but Flanagan says a usual routine can make you feel more efficient and positive. As part of your morning ritual, consider waking up at the same time every day, exercising, taking showers, practicing yoga, journaling, cleaning your house, or eating a healthy breakfast.

Connecting with your friends and loved ones. Staying in touch and having regular communication with your family and friends can help you reduce stress.

Meditate. Meditation can help you establish your sense of balance and control physically, emotionally, mentally, and even spiritually. It allows you to become more centered, giving you the benefits of becoming calm and positive.

Our world right now may have gone through challenging times and situations due to this disease pandemic, but we must remember that these times and conditions will always pass. Nothing is permanent; instead of focusing on the negative and toxic side

effects of these challenges, focus on what we think is good for us, our health, and our family.

References:

Piedmont. (n.d.). Managing stress during the COVID-19 pandemic. Piedmont Healthcare. Retrieved July 6, 2022, from <https://www.piedmont.org/living-better/managing-stress-during-the-covid-19-pandemic>