

Tips on dealing with stress and anxiety during COVID pandemic.

The COVID19 has caused a huge disruption in all our lives to say the least.

Being confined to our homes and not knowing when it will end is causing a lot of stress and anxiety to all of us. We need to face that we also have the fear of getting infected and all the consequences after a positive test for COVID.

We humans are social beings as such, we are used to going out and meeting friends, eating together and attending other social activities. This is totally opposite to being confined to home and there will be times when we feel lonely and abandoned.

Accept that some anxiety and fear are normal in this situation. The uncertainties and changes that are unfolding are generating a lot of fear in all of us.

credible information.

We should be careful and pay attention to what we hear on social media. There are credible sources such as WHO, Public Health Agency Canada and Health Canada.

Find a balance, stay tuned in, but know when to take a breather:

Watching news will keep us tuned in but watching CNN Breaking news can truly break your peace of mind. Because the news we hear is disheartening, and sometime deceitful and misleading. There is a lot of inconsistent news which comes out from different but different sources.

Bring an intentional mindset to unplugging: This does not apply just to TV news but also to some negative people who obsess about sharing discouraging news. You will be able to not just change the channel on TV but also to change the tune of negative people. Instead, you can talk about the 40,000 healthcare workers who have returned to their homes from Wuhan China.

Corona Virus has brought out some hidden talents among all our friends. People are able to compose songs and come up with many humorous quips and cartoons. Certainly, share this with others to reduce the doom and gloom that is being spread.

Deal problems in a structured way. You have all heard about keeping yourselves busy at home, going for walks when there is sunshine and exercising regularly. It also helps to watch comedy clips on video and movies etc. It helps to have "attitude of gratitude" and to remind ourselves that we are in the comfort of our own homes with clean water supply, electricity and plenty of toilet paper! Let us not forget that we are not alone in this. We have good healthcare, cell phones and media at our disposal. Let us understand that some things are not in our control and we will do whatever we can to help others.

Remember that you are resilient and be careful with the thoughts "what if...": It is crucial that we refrain from brooding over such thoughts and start focussing on present. Keep in mind that worrying doesn't help us change the situation in any manner and on the other hand it worsens the situation by increasing our stress and anxiety levels. Replace the worry with short prayer of your choice. Practicing meditation, japa and listening to music will help in significant way.

Hari Om