

WHAT TO DO TO MANAGE STRESS DURING THESE STRESSFUL TIMES

1. It is very important to FOCUS ON THE THINGS WE HAVE CONTROL OF. Let us do the things that we can do to prevent disease (our personal hygiene, cleaning of our surroundings, social distancing while we do our daily activities, etc.)
2. Remain CALM and COMPOSED. While it may be difficult for some to maintain composure during the crisis, simple mindfulness exercises may help. Once you start feeling overwhelmed, try to do some conscious breathing exercises. Just focus on your breathing. Inhale slowly through the nose to the count of 5 seconds, hold your breath for another 5 seconds and exhale slowly through the mouth to the count of 5 seconds and repeat until you feel more relaxed. Remember that our own fear and anxiety may also trigger the same feelings and behaviors among those around us so we have to constantly keep ourselves in check.
3. Although we get information from our social network accounts, a number of these information are unverified and at times, fake, thus triggering more fear and panic in us. DIGITAL DETOXIFICATION may prove beneficial. This means checking our gadgets only at specific times and ensuring that we avoid reading information from dubious accounts.
4. Make use of the “forced” time at home to SPEND QUALITY TIME WITH OUR LOVED ONES.
5. TALK to someone you trust if the fear and anxiety are too overwhelming that you cannot perform your expected tasks and responsibilities anymore.
6. SHARE your resources with those who may need it at this time of uncertainty. Sharing is not only giving away something that we own, but being conscious of getting only what we really need so that the others may also get their fair share.
7. PRAY. One of the sources of strength that we can draw from is the belief that a Higher Power is still in control.

Remember that “THERE IS NO HEALTH WITHOUT MENTAL HEALTH”. Remember that our own mental health affects the mental health of those around us. It is very important to take care of our wellbeing not only for ourselves but for those who truly matter to us.

-adapted from PMHA