Endless quarantines, curfews, closing of stores, people losing their jobs and so many negativities happen during this pandemic. There are so many things that cause stress right now and this affects our mental health. This might not be the case to all the people but there are some who really needs to consider the factors that may affect them mentally.

These days being anxious and scared became normal as the number of positive cases of COVID-19 arises. It is really hard for people to control those emotions and live as if there is no virus. What we need to do is to find ways on how to cope up with this unwanted emotions and feelings.

Below are some ways to help us cope with stress and anxiety.

1. Knowing everyone experience the same thing.
2. Too much social media might affect your views and moods. You may feel overwhelmed when you see different news regarding our situation so it is important to limit your social media exposure.
3. Following a routine will also be a big help especially if you are working from home or just staying at home due to quarantine protocols.
4. Looking out for each other. We are not the only ones who suffer. Everyone feels the same thing and considering what and how do they feel might help to overcome the unwanted emotions.
5. Try to stop thinking what future may hold, we must focus on the present. We can try meditating or consult someone we find comfortable to talk with. Talking about
negative things will not be good to us. It will only stress us out. What we should do is to focus on how to be better and how to feel better.

It may be difficult to stay positive in mind at times like this but we should always remember that there’s always a solution. Maybe not now, but soon it will end. We should always have our hopes high to all the persons who continuously look for an end to this pandemic.

References: