

Managing Stress and Anxiety During COVID-19 Pandemic

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Coronavirus- at a glance

How is it spread?

- COVID-19 is transmitted through droplets generated via coughing and sneezing.
- This means it can spread during close contact between an infected and uninfected person, when it's inhaled, or enters the body via the eyes, mouth or nose.
- Infection can also occur when an uninfected person touches a **contaminated** surface.



Symptoms of COVID-19

THREE MAIN SYMPTOMS

- Dry cough
- Fever
- Shortness of breath

OTHER SYMPTOMS REPORTED BY COVID-19 PATIENTS

- Sore throat
- Headache
- Severe fatigue
- Runny nose
- Nausea
- Diarrhea

You can help prevent the spread of illnesses such as the coronavirus and the flu:



Avoid close contact with people who are sick.



Avoid touching your eyes, nose, and mouth.



Wash your hands often with soap and water for at least 20 seconds.



Stay home and get rest when you are sick.



Cover your cough or sneeze with a tissue, then throw it in the trash.



Clean and disinfect frequently touched objects and surfaces.

What is Stress and Anxiety?

Stress:

- A physical, chemical, or emotional factors that causes physical, emotional or mental tension.
- Stress is how your brain and body respond to any demand.

Anxiety:

- An abnormal and overwhelming sense of apprehension and fear often marked by physical signs.
- What are some things that can cause stress and anxiety?

Stress During Infectious Disease Outbreaks

What you should know

When you hear, read, or watch news about an outbreak of an infectious disease such as Ebola, you may feel anxious and show signs of stress—even when the outbreak affects people far from where you live and you are at low or no risk of getting sick. These signs of stress are normal, and may be more likely or pronounced in people with loved ones in parts of the world affected by the outbreak. In the wake of an infectious disease outbreak, monitor your own physical and mental health. Know the signs of stress in yourself and your loved ones. Know how to relieve stress, and know when to get help.

Know the Signs of Stress

What follows are behavioral, physical, emotional, and cognitive responses that are all common signs of anxiety and stress. You may notice some of them after you learn about an infectious disease outbreak.

Warning Signs of Stress

Headaches

Lightheaded

Tired

Trouble Sleeping

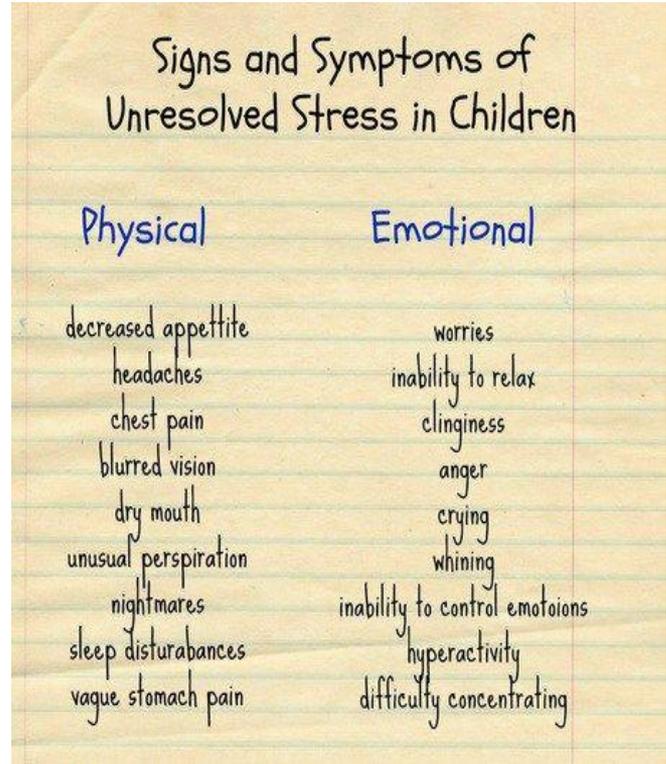
Stuttering

Shaky hands

Change in eating habits

Anxiety

Talking too much



<https://bit.ly/2IE5gtC>

Stress vs Relaxation Response

Stress Response	Relaxation Response
<ul style="list-style-type: none">• Physical<ul style="list-style-type: none">• Muscle tension• Poor sleep• Tachycardia/ tachypnea	<ul style="list-style-type: none">• Physical<ul style="list-style-type: none">• Reduced muscle tension• Improved sleep• Reduced heart rate, respiratory rate
<ul style="list-style-type: none">• Cognitive/Emotional<ul style="list-style-type: none">• Focus on negative• Poor coping skills• Frustration/anger• Depression	<ul style="list-style-type: none">• Cognitive/Emotional<ul style="list-style-type: none">• Focus on “what is”• Improved coping skills• Calm• Positive feelings
<ul style="list-style-type: none">• Behavioral<ul style="list-style-type: none">• Isolation• Unhealthy habits• Ignoring self-care	<ul style="list-style-type: none">• Behavioral<ul style="list-style-type: none">• Improved social connection• Healthy habits• Engaged with self-care

Coping

The ability to deal with something, difficult in a successful way.

- Coping mechanisms are strategies people often use in the face of stress and or to help manage painful difficult emotions.
- Coping mechanisms can help people adjust to stressful events while helping them maintain their emotional well-being.

Know How to Relieve Stress

You can manage and alleviate stress by taking time to take care of yourself.

KEEP THINGS IN PERSPECTIVE:

Set limits on how much time you spend reading or watching news about the outbreak. You will want to stay up to date on news of the outbreak, particularly if you have loved ones in places where many people have gotten sick. But make sure to take time away from the news to focus on things in your life that are going well and that you can control.

KEEP YOURSELF HEALTHY:

- ◆ **Eat healthy foods, and drink water.**
- ◆ **Avoid excessive amounts of caffeine and alcohol.**
- ◆ **Do not use tobacco or illegal drugs.**
- ◆ **Get enough sleep and rest.**
- ◆ **Get physical exercise.**

What are Positive Coping Skills?

- Create a "Happy Box" – keep memories and things that make you happy.
- Go for a walk/run– just be safe.
- Meditation- Be silent. <https://www.youtube.com/watch?v=-2zdUXve6fQ>
- Talk it out with someone.
- Listen to Music
https://drive.google.com/file/d/1kFIbHZXw_836Do4waXoncC1ckxXnR_Rm/view?usp=sharing
- Journal– write out your thoughts.
- Take a long shower.
- Be Creative- draw, build, sing.
- Add coping skills chart. <https://drive.google.com/file/d/1qWclYu88XQgnBYx30yAJFcaamDSTLjxe/view?usp=sharing>
- Breathing chart (kids).
<https://drive.google.com/file/d/19NFsliSUmvRVmllpdhHZck7NATFScKyb/view?usp=sharing>
- Bibliotherapy(using books to explain)
<https://drive.google.com/file/d/1IKlIf-NiEVGbhzyP7LX7k5qNs1yULXe8/view?usp=sharing>
https://drive.google.com/file/d/1uN4gAaLbKJ_KHqw3ZOBYL8-59XxKN4KJ/view?usp=sharing

References for additional Information

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<https://www.slideshare.net/aqsagul58/deep-breathing-exercises-ppt>

*English- How to Protect Yourself and Others

<https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/prevention-H.pdf>

*English- Tips for Parents during Infectious Disease Outbreaks

<https://drive.google.com/file/d/1CU-9YT4EV7B3OFVLL6dVWhl6iajNH22w/view?usp=sharing>

English- Physical Effects of Stress in Kids/ Teens

<https://livingresilientlyblog.wordpress.com/2019/03/09/physical-effects-of-stress-in-kids-teens/>

English- Coping with Stress

<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Spanish- Sobrellevar el Estrés

<https://espanol.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

English- Coping Mechanisms

<https://www.goodtherapy.org/blog/psychpedia/coping-mechanisms#:~:text=Coping%20mechanisms%20are%20the%20strategies,maintain%20their%20emotional%20well%20being.>