

How to manage fear and anxiety during Corona virus pandemic?

Due to the coronavirus pandemic a lot of people are experiencing fear, anxiety, sadness and confusion. Last week, a Reuters/Ipsos poll found that nearly half of Americans felt that the coronavirus pandemic is an 'imminent threat' - up 20 points from a previous survey taken earlier last month. Psychiatrists also told Reuters that they'd seen in patients asking for anxiety medication prescriptions, and larger refill orders, ostensibly to last them the unknown duration of potential isolation and stay-at-home periods. A 2015 Brigham and Young University study found that loneliness increased the odds of an early death by 26 percent, likely by fueling higher blood pressure, heart rates and levels of inflammation and stress hormones. Past research showed that this will evolve into more dangerous depression and suicide etc. In this article we are giving some tips to adapt and cultivate overall wellbeing including physical, mental, emotional and spiritual welling during these uncertain times. Each of us have social responsibility to share to always give positive message to everyone we meet. Appreciate and reassure that this lock down is inevitable. Studies have shown that people who are strong and happy, have robust immunity to fight all viral infections. People who are depressed they have lower immunity and compromises their ability to fight against the viruses.

Usually the Initial response is fear which consists of getting mad easily, complain frequently, spread emotions related to fear and anger. The second level is learning zone which consist of recognizing we are all trying our best and evaluate information before spreading something false. The third level is helping zone that involves of thinking about others and see how to help them, utilizing our talents to those who need them, compassionate with myself and others, thank and appreciate others and keeping a happy emotional state and spread hope. Fortunately, we can choose how we respond.

1. Fear zone
2. Learning zone
3. Helping zone

Dr. Tadi's 6 C principle to be in the helping zone:

Calm
Caring
Consistency
Containment
Connect
Compassion

1. 1. Calm: Be a calming influence. If friends or loved ones are panicking, try to help them gain some perspective on the situation. Instead of scaremongering or giving credence to false rumors, refer them to reputable news sources. Being a positive, uplifting influence in these anxious times can help you feel better about your own situation too. Focus on Being Productive and New Ways of Enjoying Life: Although we have no control over the national

crisis, we must focus on where we do have control – our response to the crisis. This is an opportunity to try something new and do things we haven't had time for. Organize a messy room, paint a fence, clean the garage, edit the photos on your phone, clean a rusty bike and take it for a ride, and play a board game –— remember those? You can also learn a new skill or start a new hobby from videos on You Tube or various apps and websites. Creating and accomplishing puts your attention on what is satisfying. Consider starting something new: genealogy, gardening, photography, knitting, drawing, cooking, woodworking, video editing, ballroom dancing, or chess, just to name a few. You can start and learn all of these online. Put your attention on creating and accomplishing, not on the virus or being unemployed. **Do things that bring you joy and laughter.** Read a good book, watch a comedy, play a fun board or video game, make something—whether it's a new recipe, a craft, or a piece of art. It doesn't matter what you do, as long as it takes you out of your worries. Naturally the greatest joy for me as a physician is I try to help people. Practice coping techniques such as **deep breathing, mindfulness, quiet time, visualizations, and muscle relaxation.** Maintain your day-to-day normal activities and routine where possible. Eat a healthy, exercise, avoid nicotine, alcohol, and illegal drugs, cool your temper and try to get enough sleep. Always remember “We're standing far apart now so we can embrace each other later.”

2. **Caring:** For yourself and others. Having a upbeat attitude and helping nature is very helpful for us and others. Crisis can bring out the best in us. We can get through this together! **Focus on the things that matter most is helping ourselves and others.**

a. Relationships: It's an opportunity to **strengthen bonds by spending time in shared family activities such as games, cooking, home projects, relaxing together** and talking. b.

Physical activity: If possible, engage the outdoors (while practicing physical distancing). **Go for a walk, ride a bicycle, or play ball.** Alternately, find creative ways to be physically active indoors. Sunshine and fresh air will do you good. Even a walk around your neighborhood can make you feel better. Just be sure to avoid crowds, keep your distance from people you encounter, and obey restrictions in your area. Staying active will help you release anxiety, relieve stress, and manage your mood. While the gym and group classes are out, you can still cycle, hike, or walk. Or if you're stuck at home, look online for exercise videos you can follow. There are many things you can do even without equipment, such as yoga and exercises that use your own bodyweight. c. Spirituality: **Make time to reflect, or connect with faith groups online to sustain a sense of community.**

3. **Consistency** - New routine and structure for yourself and your family. Kids and teens may be happy there's no school, but routines and **a balance between work and play are important.** Set expectations, rules and limits about school work, sleep, and screen time. Ask each family member to be a helper with the family's daily needs and activities. Even if you're not in a high-risk group, staying at home, washing your hands frequently, and avoiding contact with others can help save the lives of the most vulnerable in your community and prevent overburdening the healthcare system.

4. **Containment:** Not just of the virus, but also anxiety. The CDC estimates that the flu this season has killed between 24,000 and 62,000 people in the United States. We are not panicking because the flu is familiar and the media does not give it attention. My patients who are the most anxious about the Coronavirus are those who are consuming the most news from social media, online, and traditional outlets. **Limit the news and discussion to once or twice per day. Stick to trustworthy sources** such as the [CDC](#), the [World Health Organization](#), and your local public health authorities. **Limit how often you check for updates.** Constant monitoring of news and social media feeds can quickly turn compulsive and counterproductive—fueling anxiety rather than easing it. **Step away from media if you start feeling overwhelmed.** If anxiety is an ongoing issue, consider limiting your media consumption to a specific time frame and time of day (e.g. thirty minutes each evening at 6 pm). **Ask someone reliable to share important updates.** If you'd feel better avoiding media entirely, ask someone you trust to pass along any major updates you need to know about. **Be careful what you share.** Do your best to verify information before passing it on. [Snopes' Coronavirus Collection](#) is one place to start. We all need to do our part to avoid spreading rumors and creating unnecessary panic. **Schedule one or two daily check-in times (or call it "question time" or "worry time") for 10 to 15 minutes per day with your child.** Start with "What's your Feeling Temperature?" and open-ended questions, and provide matter-of-fact information suited to your child's age.

5. **Connect, connect, connect-** Even though social distancing is very important, fortunately, these days we can communicate easily through phone, email, facebook, twitter, Instagram etc. Stress is reduced during a crisis situation when we are able to connect with our friends and loved ones. Maintaining connections with supportive family and friends can bring a sense of **comfort and stability.** Talking through our concerns, thoughts, and feelings with others can also help us find helpful ways of thinking about or dealing with a stressful situation. Consider creating a disaster communication plan so that you are able to connect with loved ones and support services during a crisis. If you know people in your community who are isolated—particularly the elderly or disabled—you can still offer support. Perhaps an older neighbor needs help with groceries or fulfilling a prescription? You can always leave packages on their doorstep to avoid direct contact. Or maybe they just need to hear a friendly, reassuring voice over the phone. Many local social media groups can help put you in touch with vulnerable people in your area.

6. **Compassion:** Channel anxiety by helping others. "Social distancing" is only physical; **technology can actually bring us closer.** Reach out to someone who's alone or who you have lost touch with. Donate online or volunteer remotely to help those struggling and in need. Gratitude: **Despite these challenging times, we can each take a few minutes a day to remind all the things we are grateful for even the minor things. It is very helpful to maintain a gratitude dairy. Reach out to others in need. Donate to food banks.** Panic-buying and hoarding have not only left grocery store shelves stripped bare but have also drastically reduced supplies to food banks. You can help older adults, low-income families, and others in need by donating food or cash. **Be kind to others.** An infectious disease is not connected to any racial or ethnic group, so speak up if you hear negative stereotypes that

only promote prejudice. With the right outlook and intentions, we can all ensure that kindness and charity spread throughout our communities even faster than this virus.

It's no coincidence that those who focus on others in need and support their communities, especially during times of crises, tend to be happier and healthier than those who act selfishly. Helping others not only makes a difference to your community—and even to the wider world at this time—it can also support your own mental health and well-being. Much of the anguish accompanying this pandemic stems from feeling powerless. Doing kind and helpful acts for others can help you regain a sense of control over your life—as well as adding meaning and purpose. Even when you're self-isolating or maintaining social distance, there's still plenty you can do to help others.

It is normal to feel sad, stressed, confused, scared or angry during a crisis. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Everyone reacts differently to stressful situations. How you respond to the outbreak is extremely important.