

How to control stress caused by COVID-19?

Mahdi Naeim

University of Mohaghegh Ardebili, Ardebil, Iran

Abstract

Stress and anxiety are necessary in life to a small extent and sometimes improve people's performance, but sometimes and in situations such as today, when the disease is prevalent all over the world, this stress is higher than usual and it causes many problems that must be controlled. When this stress, worry, fear, and anxiety intensifies and persists, it becomes abnormal and morbid and causes a variety of reactions, including physical, cognitive, emotional, and behavioral reactions.

Physical reactions to stress include increased heart rate, sweating, dry mouth, tremors, dizziness, shortness of breath, headache and muscle aches, irritability, fatigue, upset stomach, frequent urination, decreased energy, tiredness, sleep problems, It is a change in appetite and so on.^{1,2}

The cognitive component includes thoughts and beliefs about the person being injured or losing control of the situation. Thus, stress leads to a decrease in the ability to think, a decrease in the ability to pay attention and focus, problems related to memory and recall, magnification and catastrophizing problems, and so on. Emotional reactions include fear, worry, sadness, loss of interest in normal pleasurable activities, feelings of frustration, irritability, anger, feelings of helplessness, and so on. Behavioral reactions include avoiding certain situations, asking frequently asked questions about how things are going, constantly looking for common sense, blaming others, spreading rumors, dependence on alcohol and drugs, and so on.^{2,3}

In the current situation, the corona virus is a concern and needs attention and care, especially when we feel threatened and do not have the necessary ability to deal with it, it is natural to experience anxiety, worry, anxiety and fear. There are several reasons for this stress, including the speed with which the disease spreads from epidemic to pandemic; Unawareness and complete lack of knowledge of this virus in terms of its signs and symptoms; Methods of transmission, methods of prevention and primary care, duration of the disease, methods of treatment and its consequences, the existence of contradictory information, infodemias or statistics and unreliable information and its magnification through social networks, etc. have caused stress, Fear and worry about this disease becomes much more than the disease itself.³⁻⁵

We know that severe and long-term stress weakens our immune system, reduces our resistance to disease, and increases our chances of getting sick. Therefore, using the following tips can help control and reduce stress, anxiety, fear and anxiety caused by this disease.

- To manage stress, do not try to get a lot of information at any cost and from any channel,
- Contradictory information and professions, without the possibility of cleaning and recognizing them, increase our concern.
- Manage sources of information,
- Use reliable and trustworthy sources,
- As far as we can get away from the news,
- Do not seek to get statistics moment by moment,

Correspondence to: Mahdi Naeim, University of Mohaghegh Ardebili, Ardebil, Iran. Email: mnaeim64@gmail.com

Received: December 14, 2020; **Accepted:** March 04, 2021; **Published:** May 24, 2021

Citation: Mahdi Naeim, How to control stress caused by COVID-19? ISSN no. 2261-7434 Volume 10, Issue 3

Copyright: © 2021 Mahdi Naeim, et al. This is an open-access article distributed under the terms of the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original author and source are credited

- Stay away from news that has a negative effect and spreads negative emotions,
- Spend less time reading, listening to, or watching things that increase our anxiety,
- Do not exaggerate and catastrophic the past realities and events ahead,
- Admittedly, it is a serious issue, but it can be managed with care and prevention and reduce the incidence of it.

There are several things that can be done to help control the stress and anxiety caused by the coronavirus in the family, including:

- Efforts to create a healthy, loving and sincere atmosphere among family members,
- Fill the family space with positive emotions,
- Strengthen the immune system by laughing,
- Filling the family leisure time with reading, entertainment, games, entertainment, watching movies and series, etc.

Due to the fact that children cling to their parents when they are upset and stressed, they become anxious, withdrawn, agitated, angry and aggressive, they disobey, they suffer from enuresis, etc., in such situations, you should make time for your children, as much as you can, show them love and attention and establish a close relationship with them.

REFERENCES

1. Kamran A, Naeim M, Ghobadi Bagvand S. Effective recommendations for reducing anxiety and depression caused by COVID-19 outbreak in medical staff. *Arch Psychiatr Nurs.* 2020 Aug;34(4):192–3. doi: 10.1016/j.apnu.2020.06.003. Epub 2020 Jun 6. PMID: PMC7274958.
2. Naeim M. Strategies to reduce the anxiety and depression of nurses in the special wards of COVID-19. *Arch Psychiatr Nurs.* 2020 Aug 7. doi: 10.1016/j.apnu.2020.07.028. Epub ahead of print. PMID: PMC7413199.
3. Dong M, Zheng J. Letter to the editor: Headline stress disorder caused by Netnews during the outbreak of COVID-19. *Health Expectations: An International Journal of Public Participation in Health Care and Health Policy.* 2020 Apr;23(2):259.
4. Naeim M. Coronavirus disease (COVID-19) outbreak provides a unique platform to review behavioral changes in Iran. *Asian J Psychiatr.* 2020 Jun;51:102090. doi: 10.1016/j.ajp.2020.102090. Epub 2020 Apr 22. PMID: 32361386; PMID: PMC7175024.
5. Kamran A, Naeim M, Rezaeisharif A. The COVID-19 outbreak and behavioral changes, public perceptions and psychological responses in Iran. *Arch Psychiatr Nurs.* 2020 Aug 7. doi: 10.1016/j.apnu.2020.08.002. Epub ahead of print. PMID: PMC7413052