

## The Fear of Corona Virus is Changing Our Psychology

Carlos Roberto

Department of Psychology, La Sierra University, California, USA

### DESCRIPTION

The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health actions, such as social distancing, are necessary to reduce the spread of COVID-19, but they can make us feel isolated and lonely and can increase stress and anxiety. Learning to cope with stress in a healthy way will make you, the people you care about, and those around you become more resilient.

Stress can cause the following:

- Feelings of fear, anger, sadness, worry, numbness, or frustration.
- Changes in appetite, energy, desires, and interests.
- Difficulty concentrating and making decisions.
- Difficulty sleeping or nightmares.

Physical reactions, such as headaches, body pains, stomach problems, and skin rashes:

- Worsening of chronic health problems.
- Worsening of mental health conditions.
- Increased use of tobacco, alcohol, and other substances.

It is natural to feel stress, anxiety, grief, and worry during the COVID-19 pandemic. Below are ways that you can help yourself, others, and your community manages stress.

### HEALTHY WAYS TO COPE WITH STRESS

Take breaks from watching, reading, or listening to news stories, including those on social media. It's good to be informed, but hearing about the pandemic constantly can be upsetting. Consider limiting news to just a couple times a day and disconnecting from phone, tv, and computer screens for a while.

- Take care of your body.
- Take deep breaths, stretch, or meditate external icon.
- Try to eat healthy, well-balanced meals.

- Exercise regularly.
- Get plenty of sleep.

Psychology focuses on psychology because it relates to the criminal justice system. Those that add this field help enforcement officials, judges, lawyers, and social workers, for instance, in capacities like advocating for victims of crime, conducting psychological state evaluations for potential jurors, and assisting with research. Forensic psychology graduates may go as victim advocates, who offer emotional support to victims of crime, connect them to resources, and help them navigate the system. They'll also work as parole officers or in corrections or welfare work, applying their knowledge of psychological state law, courtroom procedures, and sensitivity to cultural issues to profit their clients and community.

### HELPING OTHERS COPE

Taking care of yourself can better equip you to take care of others. During times of social distancing, it is especially important to stay connected with your friends and family. Helping others cope with stress through phone calls or video chats can help you and your loved ones feel less lonely or isolated.

### MENTAL HEALTH AND CRISIS

Resources and Social Support Services

Food and Food System Resources During COVID-19 Pandemic

Disaster Financial Assistance with Food, Housing, and Billsexternal icon.

If you are struggling to cope, there are many ways to get help. Call your healthcare provider if stress gets in the way of your daily activities for several days in a row.

During times of extreme stress, people may have thoughts of suicide. Suicide is preventable and help is available. More about the risk of suicide, signs to watch for, and how to respond if you notice these signs in yourself or a friend or a loved one, can be found here.

**Correspondence to:** Carlos Roberto, Department of Psychology, La Sierra University, California, USA, E-mail: annar@yahoo.com.br

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Free and confidential crisis resources can also help you or a loved one connect with a skilled, trained counselor in your area.