



Bharati Vidyapeeth

(Deemed to be University), Pune (India)

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Coronavirus (COVID-19): Managing Stress and Anxiety among Student Fraternity



**Department of Mental Health
Nursing College of Nursing, Sangli.**

#Stay_Home_Stay_Safe

#We_Shall_Overcome



This tip-sheet covers understanding common reactions in yourself and others during the COVID-19 pandemic, what you can do to look after yourself and manage feelings of stress, anxiety, or distress associated with COVID-19 Pandemic, and helpful resources and support.



Understanding the Common Reactions COVID-19 Pandemic

As the implications of COVID-19 pandemic continue to unfold globally and in our community, it's normal for people to experience a wide range of thoughts, feelings and reactions including:

- * Feeling stressed or overwhelmed
- * Anxiety, worry, or fear
- * Racing thoughts
- * Sadness, tearfulness, loss of interest in usual enjoyable activities
- * Physical symptoms, such as increased heart rate, stomach upset, fatigue, or other uncomfortable sensations
- * Frustration, irritability, or anger
- * Restlessness or agitation
- * Feeling helpless
- * Difficulty concentrating or sleeping
- * Feeling disconnected from others
- * Apprehension about going to public spaces
- * Trouble relaxing



Strategies to cope with stress, anxiety or distress

Focusing on the actions that are in our control may help you to keep away the stress, anxiety and distress within you.

The ways include,

- **Learn how to protect yourself and others from COVID-19;** follow regular advisories of Indian Govt. released through UGC, MoH time to time.
- **Acknowledge and accept your feelings.**
- **Maintain your day-to-day activities as much as possible:** Eg . Immune boosting Diet, Exercise (e.g., walking, stretching, running, cycling), Perform Meditation & simple Yoga, Sleep, or Anything makes you happy.
- **Make a conscious shift to focus on the activities we are able to do, or those that we may have more opportunity to do if we're at home. Some ideas could be to:**
 - Keep learning and maintaining your study
 - Read a book
 - Listen to a podcast
 - Try out a new hobby or skill (e.g., cook a new recipe, play an instrument, learn a language, learn how to sew, gardening).


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- **Stay connected:** Helps to cope with challenges, brings sense of comfort, stability.

Remember that physical distancing does not need to mean social disconnection so stay connected remotely. Eg


- Call, text, or video-chat with friends and family update the information
 - Share quick and easy recipes
 - Start a virtual book or movie club
 - Schedule a study hours and reach out the subject teachers for clarifications
 - Join an online group or peer forum.
- **Seek accurate information:** Find the authentic source of information which gives factual information avoid too much exposure to News channels.
 - **Set limits around news and social media.**
 - **Stay up to date with university advice and support.** Such as, important information, including course-specific updates and other advices by the co-ordinators and faculty.

MESSAGE FROM WHO




It is normal to feel sad, stressed, confused, scared or angry during a crisis.

Talking to people you trust can help. Contact your friends and family.




If you must stay at home, maintain a healthy lifestyle - including proper diet, sleep, exercise and social contacts with loved ones at home and by email and phone with other family and friends.




Don't use smoking, alcohol or other drugs to deal with your emotions.


If you feel overwhelmed, talk to a health worker or counsellor. Have a plan, where to go to and how to seek help for physical and mental health needs if required.



Get the facts. Gather information that will help you accurately determine your risk so that you can take reasonable precautions. Find a credible source you can trust such as WHO website or, a local or state public health agency.



Limit worry and agitation by lessening the time you and your family spend watching or listening to media coverage that you perceive as upsetting.



Draw on skills you have used in the past that have helped you to manage previous life's adversities and use those skills to help you manage your emotions during the challenging time of this outbreak.

Online links for mental health & Well-being of students

Mental health & Well-Being of the students During and after COVID 19 Pandemic :

Following links are shared by Ministry of Health & Family Welfare for the mental health & Well-Being of the students during & after COVID 19 outbreak.

1. WHO: [Mental health and psychosocial considerations during COVID-19 outbreak](#)

2. <https://www.mohfw.gov.in>

2. <https://www.youtube.com/watch?V=uHB3WJsLJ8s&features=youtu.be>

3. <https://www.mohfw.gov.in/pdf/MindingourmindsduringCoronaeditedat.pdf>

4. <https://www.youtube.com/watch?V=iuKhtSehp24&features=youtu.be>

5. Behavioral Health: Psycho-Social toll free helpline - **0804611007**

6. Mobile App: Arogyasethu



Reach the Counselors for Assistance

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References

1. <https://services.unimelb.edu.au/counsel/resources/wellbeing/coronavirus-covid-19-managing-stress-and-anxiety>

2. Find the latest information from WHO on where COVID-19 is spreading:

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019/situation-reports/>

3. Advice and guidance from WHO on COVID-19 :

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

<https://www.epi-win.com/>

4. Addressing social stigma:

https://www.epiwin.com/sites/epiwin/files/content/attachments/2020-02-24/COVID19%20Stigma%20Guide%2024022020_1.pdf

5. Briefing note on addressing mental health and psychosocial aspects of COVID-19:

<https://interagencystandingcommittee.org/other/interim-briefing-note-addressing-mental-health-and-psychosocial-aspects-covid-19-outbreak>

6. WHO reference number: WHO/2019-nCoV/MentalHealth/2020.1

7. <https://www.mohfw.gov.in/>



Thank You..



Falling Down



Is not always losing