

## **Coping with Anxiety and Stress during Covid-19**

It's hard to imagine how a virus could transform our whole life, our way of behaving with people. Technology has always been a crucial part of our lives but we had never imagined it to become a necessity to connect with people. Now as we sit behind our screens video calling our family and loved ones, we know how much those real-life connections meant to us and how all those little things really mattered!

The coronavirus pandemic has turned out to be a thief as it is snatching away our real connections filled with tranquility, positivity, belongingness and other forms of love. With families getting separated, countries and the whole world getting silenced, everything we couldn't imagine has turned out to be a sad reality.

With all of these we cannot ignore the fact that this pandemic has also given us a positive side to reflect back on things which we couldn't discover usually in the busy lives we had before this pandemic.

### **Introspection**

The pandemic has made us take a sudden halt from the daily rat race where we were programmed to work from Monday to Friday in a 9 to 5 setting. We have now got the time to introspect and appreciate our efforts for whatever we have achieved.

Looking inward is a step forward to self-knowledge and building one's self awareness. Great leaders are those who are self-aware, know what they value and what truly motivates them.

But where can you start?

An easy way is to begin by journaling your thoughts and penning down your emotions on a piece of paper. This is a great way to introspect and it will increase your emotional intelligence.

You can write your blessings, experiences, things for which you are truly grateful. When you are done, you can re-read it whenever you are having a bad day. This will remind you of all that you DO have and give you hope of a better day waiting for you.



## **Relieving Stress through Meditation**

If you couldn't find time for yourself before, this is a great time to reflect through meditation. Social distancing and quarantine during Covid-19 can make you have anxious thoughts resulting in stress. But meditation can alleviate this through acknowledging that suffering and making you feel healthy.

You can start meditation by observing your mental clutter like: any work pressures you have, disagreements with family or friends or negative thoughts about yourself. Recognize each one of them and slowly breathe them out through your nostrils.

As you exhale, your mind will be decluttered with all those emotions.

When you are stuck at home, you can find a quiet space wherever you feel most comfortable meditating. It could be your couch or bed, your backyard or any room.

Do it for 5 minutes observing your thoughts and you will see the difference.



## Staying Connected

During this period, it's very important to have social connections and relationships. To fight this social distancing, you can use your electronic devices to connect with people. You can virtually celebrate your friend's birthday or you could also do an online workout class with a gym buddy. This will not make you feel isolated.

Seeing someone's facial gestures will make you feel a sense of belongingness and it is a much better option than just emailing or texting.

Your friendships or co-workers don't need to on a hold while we are all social distancing. You can try these steps and you might be surprised to feel even more connected to your family and friends than before. There are opportunities for deepening your friendships even amid so much uncertainty.

