

REMEDIES ABOUT STRESS ON TOP OF THE PANDEMIC

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Adulting 101. If there is a subject matter like this which is available to be taught in every school, this may be a blockbuster. It is indeed a roller coaster ride of growing in the sense that every phase seems to push people to their limits to learn and it takes a leap of faith to pursue the so-called 'childhood dreams' convert into reality. From being in the various phases of academic years, learning and growing to be professional, up to starting to return the hard work of their parents can give people happiness but along the way, stress can be encountered because of some factors.

Every chain of work or even activities that people may encounter every day gives them stress, problem-solving, challenges, duties, and the like which test their cognitive abilities to develop a lot of skills that will help them navigate life. It is highly anticipated that it is already part of growing and living. Although it is toxic for some, people cannot appreciate the essence of hard work, self-appraisals, achievements, recognitions, and others without forcing themselves to knock out this enemy. The fruits of their effort will soon be harvested if they persevere. It is just mind over matter and they are more than their silent battles. On the other hand, it is really easy to say some positive words just to give them comfort in dealing with this problem, but it does not change the fact that it can also cause some people to have mental health issues that are rampant right now, even harder, too, because of the COVID-19 pandemic.

The COVID-19 pandemic envelopes certain problems which make the stress more extreme than normal. It gives people a hard time that evolves into a more serious effect which is mental health problems. Anxiety and depression became rampant. According to Public Medicine, 13.4 percent to 28.8 percent of the respondents were reported to have a moderate-to-severe impact on them in terms of psychological impact, depressive symptoms, anxiety level, and stress level. The numbers are alarming, and it must be given enough attention. If this problem persists, people need a solution to it. As guided by the article published by Ms. Kerri-Ann Jennings in 2018 on the HealthLine.com, she presented several ways to relieve stress before it develops into something severe. Here are the 16 tips from Ms. Jennings.

Exercise. It has been said that it is one of the most effective things to do to combat stress. Exterminating toxins and stress hormones in the body to make one think clearly and focus on the task that they are going to do is very helpful.

Consider Supplements. Considering foods like Lemon Balm, Omega 3 Acid foods, green tea, and other organic supplements can reduce stress and anxiety.

Light a Candle. It is helpful for people to have at least a scented candle with a light-moderate scent to make their mind and soul relax especially when they are about to sleep or take a nap.

Reduce Caffeine Intake. Being addicted to coffee also causes several health issues such as presented like High Blood, Insomnia, Stress, and others. Drinking water or tea makes it more preventive.

Write it Down. One of the things to handle stress is to practice organization on things, time and pressure. Trying to breathe and jotting down everything that they need to do so that they have the guide towards their pace and time to work unaffected by pressure intrinsic or extrinsic are essential.

Chew Gum. If one wants a quick stress reliever that can help him/her on the go, chewing a gum is good for handling situations. It has been said that people who chewed gum had a greater sense of well-being and lower stress.

Spend time with Friends and Family. Being together with their strong support system can make everything less difficult for anyone. Strong moral support helps a person boost their self-confidence and motivates them to work easily.

Laugh. Laughter is always the best medicine. Amid pressure, ensuring oneself to be surrounded by persons with positivity can increase optimism.

Learn to say NO - One thing to avoid stress is making sure about their capabilities and boundaries so that it will not consume a person's mind and body being pressured to something which they cannot control. Trying to always consult knowledgeable others, especially when they do not know something will help them minimize stress. Being curious will always take them to good places.

Learn to Avoid Procrastination - TIME MANAGEMENT. Sequentially, aligning those things that people need to do from the most important to less so that they know their priority and how much time they need to give for it to finish timely and properly.

Take a Yoga Class - It is important to mind having a peaceful state. Enrolling in a yoga class will help them at ease.

Practice Mindfulness – Taking a deep breath before doing such a task is helpful. Allowing one's mind to think first so that their actions will surely take place must be done.

Cuddle – For adults, cuddling, kissing, and hugging also promote stress reduction. Positive body contact will exterminate oxytocin and lower cortisol which is essential to stress and lower blood pressure as well as the heart rate which are both symptoms of stress.

Listen to Soothing Music - Allowing oneself to enjoy hearing wonderful things can reduce stress. Listening to one's favorite tracks or even the sound of nature will always be the quickest cure to relieve stress.

Deep Breathing - Breathing and making oneself focus afterward together with exercising which activates nervous system is helpful to one's body and mind.

Stress is an inability to decide what is important. It will always affect one's focus on work if he or she is indecisive and unorganized. The greatest weapon people must possess in dealing with stress is their ability to choose one thought over the other for them to work systematically. All the things that have been discussed in this article are probabilities for readers to extinguish this problem. Stress will never be the one that hinders them from achieving the things which make them best. Stress may affect people in a negative way, but they can choose their reaction to prevail over it.