

Prevention of stress in covid-19: a review

Abstract

Stress is one of the regular aspect in every one's day today life, especially current situation peoples experiencing highest level of stress due to deadly pandemic COVID-19, because rapid raise in number of positive cases across the globe i.e. more than 20 Million and in India itself approximately 5 million and death toll reached one million across the globe till date august 2020. But not yet found any vaccine or medicine to cure it till date. This also affected day today life of everyone including children's to aged, business, schools and travel etc.

Objective of this article is: Main objective of this article is to highlight the stress and its prevention, especially in the current situation, whole world is suffering with the deadly pandemic disease/viral disease COVID-19.

COVID-19 which had epicenter in Wuhan province in China since December-2019 and today it caused to spread across the globe and claimed million plus lives with over 20 Million infected peoples till 20th august 2020 but not yet under control in most parts in the world except few countries.

How to prevent STRESS during this pandemic: Yoga/Meditation regular practicing can prevent/relieve stress, playing games helps to reduce stress. Read books can also be one of the best way to divert/relieve stress by reading articles & story. Develop positive attitude, involve in daily activities, mingle with friends and family members, Music: it will help to relieve stress significantly, painting: may help to divert from stress, Laughter therapy: may reduce stress and improves quality of life and Aerobic exercises: may help to rid of from stress.

Keywords: COVID-19, stress, W.H.O, prevention, peoples, health

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Introduction

Stress is a normal reaction the body has when changes occur. It can respond to these changes physically, mentally, or emotionally and as per Hensley stress divided into good and bad.¹

The current situation created lots of stress due to high mortality rate and rapid spread of COVID-19 across the globe and there is not yet cure for the disease and many vaccines are under clinical trial/ research still.

What is stress?

Stress is the body's reaction to any change that requires an adjustment or response. The body reacts to these changes with physical, mental, and emotional responses. Stress is a normal part of life. You can experience stress from your environment, your body, and your thoughts. Even positive life changes such as a promotion, a mortgage, or the birth of a child produce stress (Figure 1).²

Physical signs of stress

1. Headache
2. Neck and shoulder pain
3. Not feeling hungry
4. Back pain
5. Lump in throat
6. Heavy chest
7. Stomach upset

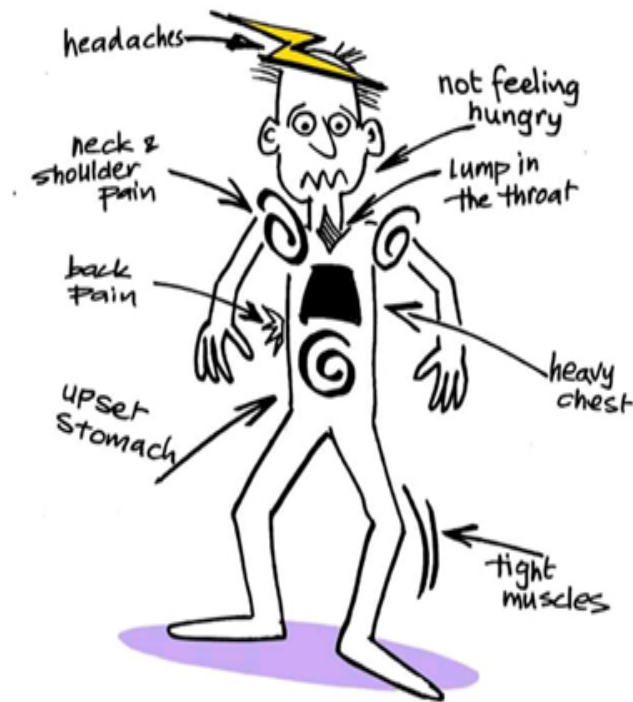
8. Tight muscles etc.

What are the warning signs of stress?

Chronic stress can wear down the body's natural defenses, leading to a variety of physical symptoms, including the following:

- Dizziness or a general feeling of "being out of it."
- General aches and pains.
- Grinding teeth, clenched jaw.
- Headaches.
- Indigestion or acid reflux symptoms.
- Increase in or loss of appetite.
- Muscle tension in neck, face or shoulders.
- Problems sleeping.
- Racing heart.
- Cold and sweaty palms.
- Tiredness, exhaustion.
- Trembling/shaking.
- Weight gain or loss.
- Upset stomach, diarrhea.
- Sexual difficulties.

These are the physical signs of stress



<https://bit.ly/WHOSTressManagement>



Figure 1 Image shows the physical signs of stress, source:W.H.O.

Complications of stress

1. Alter body function
2. Sleeplessness
3. Raise in blood pressure and heart rate
4. Heart attack
5. Migraine headache
6. Loss of concentration/confidence
7. Fear of death
8. Suicide
3. Reading book: it will be one of the best way to divert/relieve stress by reading articles, story etc.
4. Develop positive attitude
5. Involve in daily activities
6. Mingle with friends and family members
7. Music: it will help to relieve stress significantly
8. Painting: may help to divert from stress
9. Laughter therapy: may reduce stress and improves quality of life
10. Aerobic exercises: may help to rid of from stress.

How to prevent stress

1. Yoga/Meditation: by regular practicing can prevent/relieve stress
2. Play: games helps to reduce stress

Conclusion

Stress may be in various levels in each individuals and age groups accordingly. Prevention of stress in current situation is much required for individual, family and community. Stress may cause serious complications thus everyone has to adopt the methods to reduce the stress due to deadly global pandemic.³⁻¹⁰

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Conflicts of interest

The authors declare that there are no conflicts of interest.

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