



Protecting our Mentality During Quarantine

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The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. **Coping with stress will make you, the people you care about, and your community stronger.**

Stress during an infectious disease outbreak can include

Fear and worry about your own health and the health of your loved ones

Changes in sleep or eating patterns

Difficulty sleeping or concentrating

Worsening of chronic health problems

Worsening of mental health conditions.

Furthermore other emotions may also be experienced as described by the 5 stages of emotions...



- Furthermore it is said by psychologists that striking similarities exist between the stages of grief and the stages of emotion we are feeling in the midst of this pandemic because both are connected to a profound sense of loss.
- 'Coronavirus has triggered a sudden loss of structure and a loss of social contact for people all over the world, who are now trying to create a new routine for themselves working from home, or perhaps not working at all

Outbreaks can be Stressful...

The 5 stages of emotions during lockdown

2) Just as we feel anger when grieving the death of a loved one, it is normal to feel angry about the loss of normality and sudden upheaval foisted on us by the coronavirus crisis. It's important to relinquish anger to move on to the acceptance phase of the situation.

**STAGE 2
ANGER**



**STAGE 3
SADNESS**



3) It's normal to feel sadness and other negative emotions during this time, and we must accept that despair can grip us at any stage in our lockdown journey. Tears should never be seen as a sign of weakness, rather as a natural reaction to shock and change. Notice your emotions, describe them to yourself or those around you, analyse what triggered them and let them go without judgment.

**STAGE 1
DISBELIEF**



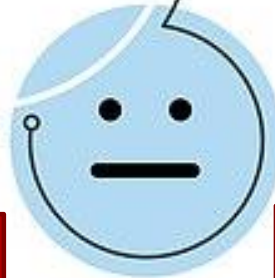
1) A profound sense of loss will trigger sensations of denial. COVID-19 has caused sudden loss of structure and social life, so the first emotion we experience is often disbelief that this is actually happening.

**STAGE 5
OPTIMISM**



5) The final and most beneficial stage where we develop new skills and develop solutions to the challenges of life under lockdown.

**STAGE 4
ACCEPTANCE**



4) When anger dissipates, we accept the reality of our situation and create new routines to give us a sense of energy and purpose.

- According to the five stages of emotion, if you are feeling disbelief, they can regain strength and control from fuelling the body with nutritious food to exercising for 30 minutes once a day. 'Telling people to exercise is not a platitude. It's vital in times like these because when we get out and move, we have a feeling of agency, at least about our body' was said by Anne Marie Collins, President of the Australian Association of Psychologists
- In the case of feeling anger, anger can be released by identifying the morals and values we wish to live by in the future, and making whatever changes necessary to make those wishes a reality. When feeling angry in such situation, it is good to put goals as well as talk and discuss your feeling with your loved ones, even through call.
- In the case of sadness, Ms Collins encouraged people to embrace sadness and other negative emotions when they appear, regarding them as a 'natural part' of the healing process. She said moments of sadness and a longing to return to the way things were can grip us at any point in our lockdown journey, and should be accepted as normal and never viewed as a sign of weakness or inability to cope. Notice negative emotions, describe them to yourself or to those around you, analyse what - if anything triggered them, and let them go without judgement or shame. 'Remember that we are all experiencing profound loss, a loss of normality, and everything we feel is normal and justified,' she said.



How to Reduce stress and negative emotions





- When dealing with acceptance, While relinquishing anger helps us to reach a state of true acceptance, finding peace with our new reality is something we cannot force. Acceptance is something that just arrives - you wake up with it one day, Being stuck in anger certainly blocks you from reaching a point of acceptance, but you can't force yourself into it before you're ready.' Creating new routines and a structure of predictability in our day gives us a sense of energy and purpose that can be used to enrich our lives with excitement we didn't know we were missing before the crisis. Learning an instrument, mastering a new language or teaching children to cook focuses our mind on the positive changes that have emerged from the current situation.
- Optimism being rather the most positive stage can be benefitted by Optimism allows us to look at life differently and view sudden changes as challenges to overcome rather than insurmountable stumbling blocks.
- 'Now we start thinking about the positives brought about by this crisis - things like spending more time at home with family and being present for big milestones in our children's lives,' ms. Collins stated, 'We're doing things that we haven't done for years - making bread from scratch, baking cakes, building deeper connections.
- All the above solutions are also good in reducing anxiety though furthermore solutions could also be1. The 'Calm' app and the 'Headspace' app, both free apps aim on supporting your meditation.

Continuing...

How you respond to the outbreak can depend on your background, the things that make you different from other people, and the community you live in. It may also depend on the individual as a character, and on how they will handle dealing with the situation, eg. Not all teenagers are stressed in this situation. What matters and you have to be aware of however is that you are not alone and that many people are going through the same situation.

People who may respond more strongly to the stress of a crisis include

- Older people and people with chronic diseases who are [at higher risk for severe illness](#) from COVID-19
- Children and teens
- People who are helping with the response to COVID-19, like doctors, other health care providers, and first responders
- People who have mental health conditions including problems with substance use

Remember Everyone Reacts Differently



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