

COVID -19 Lockdown & Stress Coping Strategies

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Short Communication

Abstract

Is COVID-19 Pandemic causing stress? If yes, you are not alone. It's quite common that people all over the universe are experiencing similar feelings of stress, anxiety and depression. Some common causes of stress during the coronavirus pandemic are uncertainty, lack of routine and reduced social support, says Mark Flanagan, LMSW, MPH, MA, a social worker at Cancer Wellness at Piedmont. The presenting paper emphasizes on the need to enhance some of the stress coping strategies for the people to cope with the recent stressful situation due to the corona virus spread all over the world. The stress coping strategies will include routine and covid-19, social support and covid-19, stress and health, tips to combat stress and hope during pandemic. It can be concluded that by practicing some of the stress coping strategies regularly people can become stronger and will develop the will power to bounce back to normalcy quickly or at the earliest possible.

Biography

Kalyani Kenneth is working at Madras School of Social Work, India..

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