5 Ways Not to Stress When Staying at Home During the Corona Covid-19 Virus Pandemic

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HumasUPNVJ - Quoting from the Liputan6.com page, the world's people are confused by the Covid-19 corona virus (https://www.liputan6.com/tag/virus-corona) pandemic which is raging day by day. In order not to get infected, people are advised to keep their distance and stay at home.

In order to suppress the spread of the Corona Virus (https://www.liputan6.com/news/read/4211258/tak-perlu-panik-begini-pola-penanganan-pemerintah-tangani-corona-covid-19) , President Jokowi instructed to keep a distance. Not only that, since Sunday 15 March 2020 Jokowi has recommended isolating at home, in the sense that work, school and worship are carried out at home.

Apart from maintaining physical endurance, maintaining mental health during isolation is no less important. Sometimes social distancing can be boring and frustrating. You can feel the impact on feelings such as moody, lack of enthusiasm, anxiety, or lack of sleep and longing to leave the house to meet other people.

A healthy mental condition will affect physical health. Therefore, it is very important to maintain mental health during the isolation period due to the corona virus. (https://www.liputan6.com/news/read/4211258/tak-perlu-panik-begini-pola-penanganan-pemerintah-tangani-corona-covid-19)

Reporting from various sources, the following reviews how to maintain mental health while isolating at home, (Friday 3/04/20).

1. Reduce News Exposure

Massive coverage in the media about the Corona virus sometimes makes a person feel worried and anxious. Therefore, WHO recommends reducing exposure to news related to this virus.

In one day at least limit the search for information as much as once or twice. If you need information, make sure it's from a trusted source like WHO or the Ministry of Health to distinguish facts from rumours.

Apart from that, you can also unfollow or mute WhatsApp if the upload makes you feel anxious.

2. Share Positive Things

To minimize anxiety, you should also share positive stories from those who have recovered and recovered from COVID-19. Sharing positive stories and the emotional struggles of medical staff can certainly reduce excessive anxiety.

WHO ordered to give respect and appreciation to nurses and health workers who handle COVID-19 patients. "Recognize the role they play to save lives and keep your loved ones safe," WHO advises.

3. Keep doing physical activity

To maintain good mental health during isolation, you should continue to do physical activities at home such as yoga, sports, running and so on. Besides that, you also need to please yourself.

Do hobbies that you enjoy such as reading, cooking, doing hobbies at home, listening to the radio or watching TV. Fun activities can make you emotionally healthy.

4. Apply Healthy Living

A healthy and clean lifestyle is the best way to ward off various health problems that may arise. Don't forget to eat a healthy and balanced diet, drink enough water, exercise regularly, and avoid smoking.

A number of these ways can help maintain emotional health and keep you from health problems. This method can help your immune system stay awake, especially in conditions like today.

5. Keep in touch with those closest to you

Even though you are in self-isolation, try to keep in touch with people around you by phone and social media platforms. You can also walk out of the house but still maintain a distance of 1-2 meters from others.

Continuing to socialize and share thoughts can provide support for others and your mental health.