

# Controlling Anxiety in the Midst of a Corona Outbreak

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**HumasUPNVJ** - As the days go by, positive patient cases of Corona Virus Disease (Covid-19) are increasing. The government has announced that there are approximately 2,000 positive patients, and DKI Jakarta is still the area with the most transmission of cases, followed by West Java and Banten.

We encounter so much news and information about the Corona Virus on television and on social media, you could even say we get "excessive" information. With the existence of this "excessive" information can interfere with mental health so that it can experience stress.

Reporting from <https://www.kompas.com/> (<https://www.kompas.com/>) there are several ways to control anxiety in the midst of a corona outbreak:

## 1. Find reliable sources

In a day, how much information is circulating about corona in your group messaging application?

Even though this various information is spread by family or friends, you should be more careful because it is possible that the news is hoax. Instead of feeling calm, you can actually be more panicked and anxious.

Make sure you always monitor the development of the corona virus from sources that are really trusted. Examples are from the WHO website, the Indonesian Ministry of Health and *the Health Map*.

## 2. Take good care of your health

In the midst of the COVID-19 pandemic, one of the things you can do to be calmer is to maintain your health. When you feel like you're not taking care of your health well enough, you may be more afraid of contracting it.

Apply a healthy lifestyle with the tips below:

Eat a healthy and balanced diet.

Drink enough water, at least 2 liters for adults.

Stay active with regular exercise.

Enough sleep, at least 7-9 hours for adults.

Stop smoking and drinking alcohol.

Wash hands frequently, for at least 20 seconds with clean running water and soap. Do this before or after eating or preparing food, as well as after going out, sneezing, coughing or going to the toilet.

Prayer and meditation may also be helpful in calming the panic attacks that are raging inside of you.

### 3. Stay connected with loved ones

An isolation policy has been enforced in several regions to prevent the spread of the corona virus. This can make you more stressed and feel lonely.

By maintaining connections with the people you care about, the feeling of panic, fear, and fatigue that plagues you can be greatly reduced.

Calling or video calling with family and friends are great ways you can stay connected and maintain mental health. You can tell stories and share jokes, so the feeling will be more peaceful.

If you share information about the corona virus with other people, first make sure that the information is really valid and comes from trusted sources.

### 4. Take a break from the news

It's unhealthy to constantly read, hear and watch the news. Try to take some time to relax and do some activities that you enjoy. For example, reading books, gardening, listening to music or *podcasts*, drawing and more.

When chatting with family and friends, try not to focus too much on the outbreak.

Avoiding the news altogether should not be done. The best way is to limit it so you don't get too stressed out.

### 5. Get distracted for a while

It's okay to be vigilant, but don't just focus on the corona pandemic. Occasionally, you also need to get distracted and relax for some time.

For example, you can play with pets, walk around the house, take care of plants and much more.

### 6. Think positive

This may sound clichéd, but facing a crisis with negative thoughts won't make you any calmer, will it?

There are many ways you can do to maintain a positive mind. Starting from giving positive suggestions to yourself, focusing more on the good and fun things in life, as well as sharing stories and jokes with loved ones and people who make you more enthusiastic.

Stress and other emotional crises should not be underestimated either. If you or someone close to you experiences mental health problems related to the ongoing corona pandemic, you are advised to contact someone who can help, such as a psychologist.

Facing the corona outbreak without being provoked by panic or viral anxiety, will undoubtedly help you to maintain your mental and physical health in the midst of this global health crisis. The effect is not only good for you personally, but also for those around you.

( source: [\*\*https://www.kompas.com/tren/read/2020/04/04/174720065/2092-orang-terdinding-corona-ini-details-case-di-32-provinsi-di-indonesia\*\*](https://www.kompas.com/tren/read/2020/04/04/174720065/2092-orang-terdinding-corona-ini-details-case-di-32-provinsi-di-indonesia)  
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Good luck! *Stay Safe, Stay Healthy!* National Greetings.

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