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MANAGEMENT • INVESTMENT • ECONOMICS • ENTREPRENEURSHIP • TECHNOLOGY

Mengapa Pelaburan *Emas* Menjadi Pilihan?

Telur Mana Telur?

An Affair of Online Learning and Covid-19

Pembasmian Kemiskinan Dalam RMK Ke-12

Bukit Harimau Menangis
Tarikan Pendakian di Kemaman

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The COVID-19 pandemic has had a major effect on our lives. Many of us are facing challenges that can be stressful, overwhelming, and cause strong emotions in adults and children. Public health measures like social separation are important to stop COVID-19 from spreading, but they can make us feel isolated and lonely, as well as cause stress and anxiety. You, the people you care about, and those around you will become more resilient if you learn to cope with stress in a healthy way.

During the COVID-19 epidemic, it's common to experience stress, anxiety, grief, and anxiety. Here are some suggestions for coping with stress in yourself, others, and your community.

- Take a break from news articles, particularly those on social media, by watching, reading, or listening to them.

Although it is beneficial to be aware, hearing about the epidemic on a regular basis can be distressing. Consider restricting your news consumption to a few times each day and taking a break from your phone, television, and computer screens for a bit.

- Take care of your body by taking a deep breath, stretching, or relaxing. Also, try to eat healthy, well-balanced meals
  - Exercise regularly
  - Adequate sleep
  - Avoid excessive alcohol, cigarette, and substance usage
  - Continue with usual preventative measures (such as immunizations, cancer screenings, and so on) as prescribed by your healthcare professional
  - Get vaccinated with the COVID-19 vaccine.
- Make time to relax – Try to engage in some other enjoyable activity
- Connect with others– Share your thoughts and feelings with individuals you can trust.
- While social distancing measures are in place, consider interacting with your community or faith-based organisations online, through social media, or by phone or letter.
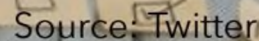
During the COVID-19 epidemic, a large proportion of the community suffers from anxiety, depression, and stress. As the pandemic's secondary pressures affect the population and become more pronounced, the proportions may rise. There is a need to develop ways to address the amount of mental health illness. Public education about coping strategies, the usage of appropriate coping methods, and

COPING WITH **STRESS**
DURING PANDEMIC COVID-19

practical help resources are expected to be beneficial. This is likely to be a long-term process that must begin during the pandemic and continue beyond.

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