

Webinar Report

Topic: Demands of the Disaster

Speaker: C.P Usha Rani, Associate Professor, Department of English, SJR College of Science, Arts and Commerce

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

In this webinar, the speaker highlighted the importance of having a well tempered mindset in order to deal with the happenings. Knowing how to manage your own anxiety always takes a little thought. They urged us to ask ourselves questions in order to understand ourselves better:

- What typically happens to your body when worries mount?
- How worried are you?
- What do you fear the most?
- What usually helps you handle worries?

When anxiety rises because we are facing a distressing threat, we need to shift our focus on what tends to work for us to ease anxiety — that, along with doing a little bit more of some actions and a little bit less of others. Keep these thoughts in mind. You are fully prepared to help yourself. You can take steps to calm and steady yourself. Remember what works for you — because as fellow humans we are not so dissimilar, but we do tend to have our own preferences and best practices.

Coming together as a community

Connect with friends and loved ones through video chats, phone calls, texting, and email. It really helps to feel the strength of your connections to your friends and loved ones, even though you may not be with them in person. Remember, to practice social distancing and maintain hygienic practices throughout. Safety is a basic need for all of us. The speaker also highlighted the importance of developing a positive mindset. Channel your energy through calming activities like yoga, meditation and controlled breathing.

We are all on this journey together. News about the virus will likely grow worse, then grow better. Listen to public health experts who can help us navigate the path ahead. Take sensible steps that can help us all: practice good hygiene, use calming strategies that work for you — and maybe try something new. Making healthy, reasonable choices about what to do and what not to do will make a big difference in being able to stay as safe and as well as possible. Sometimes the ‘demands’ of a disaster’ is as simple as this!

