

Managing the Anxiety of a Pandemic

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<http://www.sutd.edu.sg/Campus-Life/Well-being-Services>

The pandemic has been such an awful time for so many people around the world, but it has also been a reminder for us about the things that really matter – the people in our lives and the love we have for them. *Ananya Birla*

The outbreak of a contagious disease does not just disrupt economic and social activities, but it is also known to take a toll on the health and wellbeing of communities around the globe.

Efforts to curb the contagion often led to tough measures, including quarantines and safe distancing regulations. Adjusting to the 'new normal' may find some people needing help and support to better deal with the anxiety arising from the pandemic.

Some of these helpful ways may include:

- ❖ Holding the view that the benefit of compliance with the health advisories issued by the appropriate authorities outweighs the inconvenience to daily living as it could expedite the resumption of normal life as we know it.
- ❖ Making good hygiene a way of life, rather than a pandemic exercise.
- ❖ Maintaining an active lifestyle, even during a pandemic lockdown or circuit breaker. You could stay fit and healthy by developing a regular indoor workout programme that meets your needs and interest, or pick up a new hobby or activity that promotes your wellbeing.
- ❖ Maintaining contact with your social circles, even if it is through social media or videoconferencing. This may help alleviate the anxiety of social disengagement and isolation.
- ❖ While it is necessary to keep yourself updated of the latest information and guidelines from the relevant authorities about the situation, you may also need to exercise discretion over the amount of information that is sufficient for your awareness. The constant feeding of negative news is likely to heighten fear and anxiety.
- ❖ Receive early medical or professional help on the onset of symptoms, whether physiological or psychological. Early detection and intervention may aid recovery and help save lives.

SUTD Wellbeing Services offers professional counselling services for students in a private and confidential setting. If you would like to speak to a Counsellor to discuss any issue or challenge, please email us at wellbeing@sutd.edu.sg.