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Managing Stress during Covid-19

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ABSTRACT : As the Covid-19 pandemic and its far-reaching implications continue to unfold globally in our community, its normal for people to experience a wide range of thoughts, feelings and reactions including feeling stressed or overwhelmed –Racing thoughts, Feeling helpless, Difficulty concentration or sleeping , Anxiety, tearfulness, loss of interest in usual enjoyable activities. These experiences are all understandable in the face of this significant challenges. These have been loss of life, rapid changes to our way of life and disrupted plans due to travel restrictions and social (Physical) distancing measures in our efforts to slow the spread of transmission.It's important to recognize the seriousness of the public health challenge facing our community and be mindful that reacting from a place of panic and fear is usually unhelpful, especially in the long term.We have understand the pandemic is not just medical condition, it effect the population in social, emotional and physical way also. Due to this pandemic outbreak 10% of student developed psychological problems that are affecting learner's not only academic but all over personality (WHO,2020).An attempt is done through this paper to know the impact of stress among students and the necessity of managing it in order to make learning effective.

Keywords: Stress, public health, Covid-19, Pandemic

Introduction:

We are deal with stress and uncertainty in different ways. But certain people can feel more stress, increased anxiety and height ended worry than their neighbors, friend and family. Especially during the Covid-19 pandemic and its stay at home orders. Those who might become more stressed during this crisis include. Those at high-risk for developing a severe case of Covid-19 (if contracted), such as older adults and those with chronic health condition.

Group at higher risk for stress:People with mental health conditions, including those with substance use disorders. Health workers such as doctors, nurse, first responders and other staff members, people with mental health, including those with substance use disorders. Recognizing

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and coping with stress in a positive, healthy way can help you remain calm and recognizing the stress of others and landing support can make everyone stranger.

We also deal with stress and uncertainty in different ways. But



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