

Managing Stress and Pressure during the Pandemic

Looking forward, we will be able to reflect on 2020 as the year the World we knew quite literally changed. We have all been forced to take on the challenges of change and have had to learn to adjust and adapt very quickly.

These sudden and “forced” changes have impacted all aspects of our lives both personally and professionally and, as the Pandemic remains but changes, so must we.

Sudden and unplanned change brings pressure in all manner of ways. It is hard to keep up with what is happening sometimes and this can lead to us feeling out of control.

What we know about change, is that it affects us all differently and, depending on our resilience, how well we manage generally. Our Mental Health and wellbeing is possible to manage, however, the constant changes and the drain to our emotional and physical wellbeing can cause too much added pressure. In order to manage, we need to feel as if we have some control over what is happening to us.

Too much placed on an individual where there is no room for “let up” can cause feelings and emotions to build until, like a pressure cooker, there is a breaking point. This leads from normal every day pressures, to something more and to the point we may feel “just one more thing and I will explode”. Dramatic yes, but many of us may have an idea of what that may feel like. This is stress, and we need to think about and identify the sources of our stress. There are many factors that affect us -

- Physical Stress
- Environmental Stress
- Emotional Stress
- Key life events
- Chronic Stress

Existing mental health issues can also become a source of stress in themselves, for example, those living with an anxiety disorder and/or depression can be more prone to stress as they try to manage their day to day conditions.

Those who are perhaps more vulnerable are more likely to develop mental health issues and illnesses when high stress levels are present. So, given that, what can we do about it? The key is to help people examine the factors that make them vulnerable and encouraging them to look for positive ways to change them.

Helpful coping strategies

- Make time for yourself for positive experiences
- Get enough rest
- Talk to someone
- Take exercise and get fresh air
- Keep hydrated
- Remember you are not alone
- Think about how resourceful and adaptable you have had to be during the Pandemic
- Be kind to yourself

All these things appear so simple, but when one feels overwhelmed it is difficult to see a clear way forward. There is one, we just need to believe that.

What might stop you from moving forward? Is it fear or uncertainty? Can you give it a name?

The Pandemic has changed things for us all in some way and, those changes for many have been dramatic. It is okay to ask for help, and, it is okay not to be okay!

Pressure is part of our usual everyday lives, but we need to manage our healthy levels of pressure effectively to prevent it having a detrimental impact on our wellbeing by turning in to Stress. Stress is real and should not be ignored. It can however, “be managed”.

More information

If you would like to view the Webinar on **‘Managing Stress & Pressure during the Pandemic’** it is being delivered live on **Tuesday 3rd November at 12pm**, please use the following link to register for this session –

<https://attendee.gotowebinar.com/register/6665814942625239055>

If you are unable to join the webinar live, a recording of the session can be accessed using the same link above after the webinar has taken place.

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