# How we can deal with the stress during a pandemic and what are your personal ways of doing it?

Everyone has his own way of dealing with stress. No one can give a concrete answer to the question “How can we deal with stress?”. But we can do some things that help everyone releaf some of that stress.

First of all, we should establish a routing, or continue to follow the one that we already have. Routines are a really powerful tool, that, if used correctly, can have a really positive impact on our life. If we are already accustomed to one, then we have to do everything in our power to stick to it. For example we have the following routine - wake up, go to work, work out, then have some free time for ourselves to work on our hobbies and then go to sleep. If we have to work from home, then we should dedicate a place, which we will associate only with work. Some DIY-ed “office” will suffice. Then we can workout without any equipment, some body weight training, that a lot of people actually neglect. Then we work again on our hobbies and go to sleep. It’s vital that we keep our routine in check. We are more productive if we do things without thought.

Second of all, it may sound absurd, but limit your intake of news. A lot of the news is negative. That negativity projects itself onto us. We tend to be more anxious, more stressed about life than is necessary. Of course we have to be healthy and we have to be conscious about the pandemic, but we don’t have to think that this is going to be the end of the world. The world will adapt and we will continue to live. So in conclusion, don’t panic excessively.

Third of all, focus on the short-term. Of course not about life, have your own goals and dreams, that you strive to achieve, but focus on the short-term about the situation. Be conscious about the situation and accept that this is a temporary situation. Find a workaround for your immediate problems and set smaller goals. Now is actually the time to do a lot of things you have neglected, like hobbies and chores that are just bothersome.

All in all, the pandemic won’t disappear in the near future, but we can do a lot for our mental health and about the stress that the pandemic brings. Just think positively.