

Covid 19: Stress and anxiety- A critical review of related literature

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Abstract

The present paper presents a review and critique of the related literature on anxiety and stress in the context of the novel global pandemic, covid 19. A descriptive analysis of the related articles reveals the focus on the causes and some remedies to deal with the mental health challenges of the coronavirus. Among the causes; the role of media, time spent in watching news, social media, trustworthiness of the information communicated, all these are the potential sources leading to the adverse effects on the psychological health of an individual and the population at large. It has been reported that the prolonged exposure to such a threat created in the environment around, especially for those who have less competencies and coping mechanisms, nonstop stress and the anxiety reigns. Being potentially dangerous, it can lead to suicide and self-harm. The apprehensions about every person being contagious that one has an interface with, escalates the stress and anxiety further. The tormenting fear of isolation and being put in the quarantine centers or anticipating such a possibility, the subsequent treatment /behavior of the health staff there, the facilities available, these cognitive maps amount significantly to stress and anxiety. Health care giver's severe risks, threats and family problems have also been covered in the related literature under review. The suggestions put forth for dealing with the menace for this target group of health workforce; people in the quarantine centers and the people under the lock down have been put forth. It has been recommended that the existing data base should be further strengthened and longitudinal studies should be conducted with a wider focus on mental health challenges of the pandemic. In this paper, the author has discussed the causes and remedies given in these articles and has presented the critique, conclusion, recommendations. Further suggestions have been put forth to adhere to the advisory issued time and again by the authorities. Any defiance to these guidelines at individual and organizational level could snowball the stress and anxiety. A scientific intervention used in modern individual and group psychotherapy- Cognitive behavioural package, yoga and life style changes as the effective coping interventions to manage stress and anxiety of different target groups of the pandemic, Covid 19 including the escalation of domestic violence during lockdown have been put forth. These coping techniques have been proposed by the present author for handling the present challenging situation; and with a futuristic perspective in a visionary mode. For health workforce, in addition to these interventions, special focus has been laid on their protection and creating systems to support them and their families to combat their stress and anxiety. Professional interface and online psychotherapy tailor made for all the target groups has been suggested.

Keywords: Covid 19, pandemic, cognitive behavioral package, stress and anxiety

Introduction

When one's physical, emotional/ mental, social and spiritual abilities are experienced to be less than the environmental pressures, threats and demands, they trigger a stress response. Those environmental pressures can be real, imagined or anticipated. Fundamentally one tends to enter into a flight mode rather than a fight mode. This response occurs both with physiological as well as psychological manifestations. Physiological manifestations include symptoms like palpitations, headaches/ body aches, digestion problems, giddiness, lips turning blue or pale, drying of throat, butterflies in the stomach, shivering, stammering, dilation of pupils, listlessness, nausea and other such symptoms. Psychological manifestations include withdrawal, disinterest, irritability, addiction, psychosomatic symptoms, anticipatory anxiety, and lack of performance at work place / family / social media, dysfunctional life style and many similar indications.

Currently the ongoing global crisis of deadly corona virus has led to a mega menace of stress and anxiety in almost all countries of the world. The heterogeneity of symptoms, its asymptomatic nature, absence of treatment line and the

continuous conflicting views on the clinical interventions has been having a spiral effect on the stress and anxiety of the people. Absolutely unknown character of this virus is a great challenge and anxiety for doctors, scientists and the community at large. It is a genuine danger perceived by the people at large and even includes the anticipatory anxiety because of the existential threat for the self, the loved ones, the community and the world at large. The consequences in terms of the magnitude of anxiety and stress are enormous and can prove very damaging and fatal for the entire society. The pandemic, Covid -19, has terrified the people across the globe, witnessing lakhs of deaths. It has left the people psychologically tormented, seemingly a never ending agony, physical pain, mental torture, emotional outbursts and social alienation. Fear of non-being is looming large. Insecurity, where and how to seek medical help, apprehension about the quarantine habitats and behavior of attendants there, mistrust on the treatment plan in the hospital after admission, struggling with disease trauma in the absence of any loved ones around, anticipating the battle of death all by oneself, mourning alone in post death phase of a loved one, dreadful thoughts about the covid dead body

disposal, has squeezed the cognitive domain of the people everywhere. Huge psychological health damage payoff. It has rendered humanity to move from spiritual/ religious famine to seeking answers and help from the Divine helplessly in an absurd fashion.

The scientists are sweating, frantically exploring the invention of a vaccine and the anti-viral medicine. Every morning and every evening people crave to listen to the good news for combating this deadly virus and hoping for the reduction in numbers of deaths and positive cases. There has been a regular setback on both the fronts, global as well as in India.

The advisory on lockdown, social distancing, hand washing, surface cleaning, cleaning of food items in an unusual manner, wearing of masks has led the people to utter confusion, paranoia, disgust and displeasure. Some people are in a denial mode, unconscious anxiety and in a mood of defiance. Some are obsessed to news and with social media, getting traumatized with the information overload, authentic, inauthentic and exaggerated. It has also led to sleep and eating disorders destroying physical and mental health parameters. The worst that boggles the minds and hearts, the lately empirically discovered is the asymptomatic nature of the coronavirus. It is perceived as a mega threat and the consequent severe human distancing and mistrust, suspicion on every other person, is fatal for the psychological health of the people.

The pandemic, covid 19 being of recent origin has not been comprehensively researched on the nature and consequences in terms of anxiety and stress and the coping techniques. However, the author has surveyed the related literature Available in this domain and chosen three articles. This paper includes a review of the same with the critique, analytic discussion and recommendations.

Objective

To critically review three articles in the existing literature on the stress and anxiety caused by the global pandemic, covid 19, and put forth the recommendations.

Methodology: Research Design and Data Collection

Descriptive desk analysis, critique, and recommendations
A descriptive desk analysis using secondary information available on the internet was done. After making a survey of the recent related literature, three articles available on stress and anxiety related to covid 19 were selected. The data was qualitative in nature. Based on a thorough study, findings, data interpretation, an analysis and discussion has been included along with the author's critique. Based on findings and discussion, conclusions have been drawn and recommendations have been put forth. Dependent variable being stress and anxiety; the independent variables like media, authenticity of information, internal locus of control, prolonged exposure to threat, risks of the health workforce, quarantine/isolation trauma, apprehension about the every other being contagious, new habit formation and altruism were explored by the author in the existing related literature. This area is still in the ongoing process of being unraveled. The literature is scanty. Quantitative data is not available.

Review of Related Literature (three articles on the Internet)

A survey and review of the related literature is presented below:

Article 1: In “seven crucial research findings that can help people deal with Covid -19”, Weir Kirsten (March 16, 2020) has put forth that research on previous such threats could pave a way to help the people in dealing with the coronavirus threat. Taking examples of Zika virus in 2016, it was found in the researches that social media snowballs anxiety and perception of risk when compared to the traditional media and therein, the suggestions were given that for the awareness building, social media could be helpful but for diffusing confusion and misinformation. Traditional media can prove very fruitful. Excessive Media can prove to be very traumatic, putting people in acute stress mode. “Amount of exposure matters too. In a forthcoming paper in *Health Psychology*, Silver and colleagues review research from past public health crises and describe how media attention can amplify distress. After the Boston Marathon bombings in 2013, for instance, she and her colleagues found a strong association between exposure to media coverage of the attack and symptoms of acute stress. People with the highest exposure to media coverage of the bombings had even more acute stress than people who were directly exposed to the bombings (PNAS, Vol. 111, No. 1, 2014).” There are other studies also to support this observation. Spending lesser time in listening to the news has been suggested to avert the mental health problems and distress. Authentic information helps people to calculate risks involved. Truth may not be hidden from the masses even if it is very unpleasant rather than giving exaggerated and escalated and wrong information. Accurate and dependable information from the reliable sources do pave the way for the people for accurate perception and risk coping. Perceptions and mind set has a significant role to play in perceiving and internalizing the coronavirus threat. People tend to judge by their subjectivity rather than the available and reported data or evidence. Risk is evaluated by the emotions than the facts. However, the dreadful behavior of coronavirus which is a novel type of disaster experienced by humanity for the first time in history cannot be ignored and undermined especially looking at the example of Italy. Because of severe existential uncertainty the concern about the catastrophe is acceptable. Prolonged acute stress over weeks can have a dangerous impact on the mental health and the related diseases like pain, depression, domestic conflicts, psychiatric disorders and even mortality. Health Workforce Stress is a very big challenge in this horrifying pandemic. It has been suggested that for this target group, stress appraisals corroborated with the coping techniques package becomes becomes not only a sufficient but a necessary condition to safeguard their psychological well-being and saving them from the mental health disorders and disaster. “The Severe Acute Respiratory Syndrome (SARS) outbreak in 2003 was associated with significant long-term stress in health-care workers, reported psychiatrist Robert Maunder, MD, at the University of Toronto's Mount Sinai Hospital, and colleagues (*Canadian Journal of Public Health*, Vol. 99, No. 6, 2008).” Quarantines and Isolation are the substantial sources causing severe stress and anxiety in anticipation as well as in the reality. Adverse psychological outcomes were reported like post-traumatic stress symptoms, confusion and anger. It has been suggested that in order to prevent this trauma, specific knowledge about the quarantine objectives, procedures, protocols and facilities should be informed and ensured. Also for home quarantines, improving the parental and child

communication is recommended to deal with the stress of both target groups along with web based educational videos, professional psychological help and amendments in the earlier life styles.

Article 2: “To Manage COVID 19 Stress, Develop Healthy New Habits and Consume News in Moderation”, Gary Polakovic, (MARCH 31, 2020), reported covid 19 to be a big disruptor leading to stress, emotional and psychological setback harming the interpersonal relationships in the family, the economic life, mistrust in meeting and dealing with the others. It has been put forth that media does play a role in shaping the perceptions about this virus being with us like a shadow, yet it calls for making amendments in shaping the correct picture, beliefs and perspective about this dreadful global pandemic. Experts from the field of social science are comprehending this by exploring into the solutions opted by other people who have experienced isolation in their lives like prisoners, astronauts and polar explorers. The insecurities and uncertainties are making people think differently, take unusual decisions. It is felt very traumatic by people to stay away from the significant others with whom they are attached to, whom they love. This causes serious issues of stress, anxiety and even depression. Reconciling to this reality is extremely tough. They indeed require the professional psychological intervention. However, there are some who have coping abilities and self-efficacy to deal with this threatening situation to be in the quarantine. Since flocking together at one place for the isolation purpose do lead to various conflicts, it has been recommended that some retreat spaces should be created in isolation habitats so that people can be at peace for some time and this will give an opportunity to relax. The uncertainties of life have led people diffused with their routine work, schedule and daily habits. There is an impending need to look into the habit patterns and create a new set of habits and bring changes in the routine tasks and work. In the case of dislocation, it extremely taxing to bring changes, so people become slow in work progression. “The good news is, despite fragmentation, some people will find new ways to do things better, a hidden benefit. Studies have shown that some people come out on the other side of a crisis benefitting from positive changes they were able to achieve.”

The media and news has been a source of stress and anxiety. It is important to regulate the habit of watching minimum and also from the trustworthy, reliable channel. Some people watch the news nonstop. For social media news, the source needs to be verified. There are various conspiracies during this global pandemic cropping up and focused by the social media and the news agencies. It is extremely important to filter the news to understand what the facts are and what has been contrived. These sources of wrong information create adverse psychological effects and in certain cases people chose to absorb only those segments of the news which they want to listen to. “Research shows that our perceptions of the frequency of negative events, like contracting the virus, are heavily influenced by what we see and read in the news.” Turning off the news is the alternative suggested and rather doing something worthwhile and interesting like watching a movie or reading books or engaging in some of one’s favorite activities has been recommended.

Article 3: In this article on Multidisciplinary Research Priorities For the COVID-19 Pandemic: A Call For Action For Mental Health Science” (APRIL 15,2020DOL), the authors put forth, “although a rise in symptoms of anxiety and coping responses to stress are expected during these extraordinary circumstances, there is a risk that prevalence of clinically relevant numbers of people with anxiety, depression, and engaging in harmful behaviors (such as suicide and self-harm) will increase. Of note, however, is that a rise in suicide is not inevitable, especially with national mitigation efforts.”

In this paper the psychological, social, and neuro scientific effects of COVID-19 have been explored for long term mental health implications, current and future priorities and the consequent strategies to fall in line. A survey of the public and an expert panel was set up by the UK Academy of Medical Sciences and the mental health research charity, MQ: “Transforming Mental Health, in the first weeks of the pandemic in the UK in March, 2020”. An impending need for coping mechanisms, through international – multi sector/ multidisciplinary collaboration has been emphasized. The priority areas put forth for the mental health concerns include covid-19 patients, cognitive and brain functioning, the vulnerable groups and consistent exposure to media and consequent combat mechanisms to deal with these. This paper puts forth a strategy that can be synchronized with the research work of the other countries.

Action Psychology and individual factors in context of the effect of covid-19 on mental health has been taken up, determining the immediate actions and long term programmes. For anxiety, depression, self-harm or suicide due to covid 19, emphasis has been laid on improving and monitoring their rates, assessing both digital-non digital interventions and evaluates “optimal models of implementation for immediate action. Assessment of the consequences and the rates of anxiety, depression, self-harm and suicide for younger, older and vulnerable people is suggested to discover the long term impact. Optimal structure for ensuring mentally healthy, social /physical distancing needs to be evolved for health personnel. Psychological support to the medical and health care staff including their families with focus on their coping; sleep nutrition and work rotations are the immediate actions called for. For the long term impact on this important target group is to design nascent mechanisms for instilling the resilience in them through the belief of altruism, pro social behavior and online life pattern. “The potential fallout of an economic downturn on mental health is likely to be profound on those directly affected and their caregivers. The severe acute respiratory syndrome epidemic in 2003 was associated with a 30% increase in suicide in those aged 65 years and older; around 50% of recovered patients remained anxious; and 29% of health-care workers experienced probable emotional distress. Patients who survived severe and life-threatening illness were at risk of post-traumatic stress disorder and depression.”

Quarantine stress, tracing alienation and isolation needs urgent attention. For sustaining the psychological health, creating security and an inner sense of belonging to save from emotional trauma, guard against suicide and self-harm becomes mandatory. Related to this are the serious and adverse effects of socio-economic downfall like poverty, losing jobs, financial insecurity.

Qualitative research studies in the rapid mode by including

Covid 19 survivors and multifaceted population will pave the way to discover the mechanisms to deal with the diverse problems erupted due to this life threatening pandemic. "We must harness existing datasets and ongoing longitudinal studies, and establish new cohorts with new ways of recording including detailed psychological factors."

Psychology and individual factors have been further corroborated by the Social and Population factors in the context of the effects of covid 19 on mental health domain. Lockdown and isolation consequences for the vulnerable and ways to mitigate those have been looked into, and the immediate actions and long term strategies have been delineated. For immediate actions, the first step is to identify where lie the gaps for intervention. On line clinical and community services and exploring outreach paths are required with subsequent evaluation. As a follow up measure choose the evidence based interventions which have the potential for urgent application to ensure mental health well-being, stress and trauma management of community and health care personnel. For long term strategies the focus should be on universal, innovative and creative methods to develop the resilience, outdoor activity promotion and enhancement of life skills based on need gap analysis. The emphasis has to be laid on preventive as well as treatment plan of mental health problems for the larger population.

Role of prolonged watching of media which leads to snowballing of stress and anxiety has been reported as an issue of concern. For immediate action, it is important to promote the mind sets of people to watch the news coming from genuine sources and help them deal with adverse and threatening news items. For long term strategies, "Inform evidence-based media policy around pandemic reporting (e.g., clearly identify authoritative sources, encourage companies to correct disinformation, and policies on traumatic footage); mitigate individuals' risk of misinformation (e.g., improve health literacy and critical thinking skills and minimize sharing of misinformation); understand and harness positive uses of traditional media, online gaming, and social media platforms"

Conforming to the behavioral advice along with containment of positive mental health status, emphasis has been given on analyzing the quality and efficacy of the messages and tracks their sustainment. For longer term impact, diagnose the strengths and weaknesses, the promoters to create an evidence based data to ensure sound mental health in future pandemics. The focus should be laid on altruism, people's care and fostering collective solidarity. "The inclusion of altruism in UK Government health messages has likely had a positive effect on wellbeing compared with compulsory orders to stay at home."

AB

Discussion and Critique

A review of the related literature depicts the alarming mental health hazards created by the pandemic, covid 19. These articles have identified the causes and also have proposed various intervention measures and methods to augment those strategies along with creating evidence based coping packages. Also ensuring the authenticity of news and quality of messages has been emphasized.

The related literature and research on the stress and anxiety outcomes of this deadly virus threat is still scanty as the pandemic is new born and its nefarious nature has put the

best scientific brains and the community in a state of diffusion, insecurity and uncertainty. These articles have reported, but with a scanty focus, that for many, this stress and anxiety does surpass their required and manageable level. The author would like to emphasize strongly here that consequences can be highly counter-productive and even fatal. Tolerance level for the degree of this pandemic stress varies from individual to individual, from group to group, family to family. Individual "A" might have the capacity to manage ten (10) stressors as assimilated from the social media, news agencies, whatsapp, facebook, twitter and other social groups and platforms, telephonic conversations with friends and relatives at a given point in time, individual 'B' might have the capacity to cope up with only five (5) dreadful things related to this virus, while individual 'C' might not possess the capacity to handle even one (1) adverse news item. Many of those now have been living days, weeks and even months in a constant state of covid 19 trauma, body and mind never relaxing. There is a tremendous pressure, total dysfunctionality among many.

A cluster of factors leading to mental trauma have been identified which escalate the stress and anxiety like excessive use of social media and news and questions also have been raised about its authenticity. A number of measures have been put forth. However, the author of the present paper proposes the intense focus on the prevention and precautionary measures as per the advisory issued by the government and the WHO. The safety to be formidably ensured at the individual, familial and organizational levels helps to neutralize the stress and anxiety. This has to be followed by the scientific interventions and modern approach to deal with anxiety and stress- cognitive behavioural intervention with life style changes. In this approach, one of the behavioral techniques is the time budgeting during lockdown. It was the missing link in the literature, wherein the people can be guided on the time management, chalking out priorities and isolating time wasters during lockdown, regulating social media and news. Taking lockdown as an opportunity to grow, converting crisis into an opportunity with plenty of time at disposal, and evolve physically, mentally, socially and move towards spiritual elevation and enlightenment. There is a direct relationship between time management and neutralization of stress. Another behavioral technique is, acting as a problem solver: looking objectively at the specific problem response one opts for during lockdown or at the quarantine centre and owning the responsibility for the reaction to it; making healthy choices on the reaction and state of mind. It calls for preparing in advance for the choice under the given constraints and acting with mental coolness. Critically and systematically locating the problem, defining the problem and cause and effect relationship, finding and examining alternate solutions to the problem with enough brain storming; choosing and implementing one or more of these solutions, organizing an action plan into a sequence of specific action steps using paper and pencil, establishing a definite time limit and dates for completing each step, announcing the commitment to the action plan among the others around who are also incidentally going through this unpleasant corona phase, developing check points to measure the progress, reinforcing / rewarding oneself for making progress. One can become the role model for the people who are in the same covid quarantine, experiencing irrational beliefs and tormenting feelings in the lockdown scenario.

Inculcating a plethora of new habits is yet another challenge. Literature surveyed in the three articles under review does call upon changing the earlier habit patterns and adopting new ones. But a meticulous plan of how that is to be done was not mentioned. Habits do change. But they do not change by sheer will power, it demands change in beliefs and values. It requires practice. It requires learning skills: making a "To Do" list, hanging it, associating "Target Habit" with one of the routine activities, using reinforcers, using support system of office colleagues, family members, peer group, friends, mobile alarm and some other devices as a memory aids. For habit inculcation, media, can frequently organize training by Yoga experts to telecast and teach to practice at least seven limbs of sage Patanjali's Yoga—Yama (truthfulness, non-stealing, not harming others); Niyama (self-discipline, purity and cleanliness); Asana (Postures); Pranayama (Breathing Exercises); Pratyahara (Seeking Self Knowledge); Dharna (Concentration); Dyana (Meditation). The eight limb, Samadhi (Pure Contemplation) may not be within the access of a common worldly person. Practicing 7 limbs of yoga will pave the way for inculcating an attitude and behavior to change and follow a novel life style to deal with the stress and anxiety of novel coronavirus, Covid 19. Social media can contribute a lot in this training.

A gap was identified in the literature on the domestic violence issues escalating in the lockdown. Women's Commission in India reports the increase in the cases every day. Apart from police intervention, online psychological group psychotherapy could be an alternate solution to help victims to deal with the conflicts and violence. In the absence of these measure otherwise, it could lead to self-harm and harm to the spouse, children or elderly in the families.

Literature surveyed in the articles under review does include the role of perceptions and selective listening in magnifying the threat. Very little focus could be observed on the application of cognitive techniques of dealing with this demonic threat like: carving out a new meaning of life, cognitive restructuring and engineering from within, like: what one says to one self, directly influences the things one does. Self-statements effect a person's behavior as much as statements made by others. Becoming aware of self-talk / inner speech, modifying negative self-talk to positive self-talk. If one says to oneself that he/she is born to suffer, suffering will happen in the behavior and if she/ he says to self it is a part of life and takes this as an opportunity to grow, the behavior will change, agony will minimize. Self-statements work like self-hypnosis. Once a monk meditated on a bull for a couple of months giving a self-statement like: "I am a bull". Consequently he started actually visualizing himself, looking and behaving like a bull. Self-statements and positive inner dialogue have deep and lasting effects. Other cognitive behavioral interventions to deal with stress and anxiety could be, self-reflection and introspection, positive imagery, thinking out of box/ creativity and aesthetics; compassion, charity, extension of self to the needy with empathy in this hour of crisis; doing domestic chores with a meditative orientation, music and singing, writing poetry/ stories, autobiography and following other personal talents and passions.

Clinicians and health workforce has been given little attention in the articles reviewed. Values for care giving with an attitude of altruism have been focused upon in the

surveyed literature reflected in the three articles under review. The author would like to mention here that such altruistic attitude is not triggered all of a sudden. Apart from these altruistic practices expected from the health care covid 19 warriors, the assurance and reassurance of their safety, security of the self and their families is absolutely essential, which should be ensured by the authority and top level leadership. In Indian context, it has as special relevance as daily there are episodes of the health care workers being attacked threatened and harassed. Though Indian government has declared the legal penalty for such scoundrels, yet the everyday security needs to be guaranteed. A strong support system to take care of their children and parents needs to be ensured. Family psychotherapists can be deployed to work with the stress and anxiety of their family members. Incentives, promotions, recognition, attention are the call of the day. The Indian government has already made moves in this direction. It should be further made substantial and sustainable. Arrangements should be made for them to meet their family at a designated venue with adequate distance and all precautionary measures at least once in two days. Hospital/ ward leader/ team leader has a special role to inspire his/her team, keep them motivated and neutralize their stress. Personal protective equipment has to be provided at any cost to make them mentally and medically safe and combat the fear of catching the infection. Regular updated knowledge of the changes in protocol, medicines and other practices should not be diluted.

At a stretch duties, wearing the suffocating PPE is difficult and can be absolutely stressful. Duties can be fixed on alternate days so that they get some time to retreat and relax. Enough hours of sleep for the health workforce should be ensured along with balanced, nutritious, tasty, neat and clean food. The habitats where they rest or have temporarily shifted should be clean with reasonable facilities and well maintained toilets along with well-ventilated rooms. Sources of entertainment, music and facility to speak to their family members should be arranged. Some classes on yoga asana, pranayama, faith, prayer, chanting should be organized. In the context of exposing them to cognitive- behavioral intervention package for dealing with stress and anxiety, they should be provided diaries for daily diary writing about their feelings, thoughts, and apprehensions as a cognitive restructuring tool and engage in the scientific problem solving technique through brain storming. Place, opportunity should be provided for the catharsis of their repressed feelings and dread of death, dealing with unfinished business of their personal and family. Professional psychological help should be made available. They can be trained in a powerful cognitive behavioural intervention technique called, stress inoculation process, a psychological and behavioral analogue to immunization on biological level. It includes three phases: *Educational Phase*: understand the ways in which one responds to stressful situations; *Rehearsal Phase*: acquire and rehearse new set of thoughts. *Application phase*: get into relaxation, self-rewards, discussion and problem solving.

The long term vision here would be training the health staff to develop the internal locus of control, attitude of work above the self, positive self-talk and positive imagery, habits of meditation and a very strong support network to deal with sudden upsurge of such disasters. Interventions on the similar lines could be for the police personnel who too face

lot of trauma and their families have to pay the high price. Media people and those dealing with providing essential services too need support system, recognition, safety, yoga and entertainment to cope up with the stress and anxiety of getting infected and maintaining the distance from the families, separation too, in many cases.

For Quarantines/Isolation, suggestions were put forth in the studied articles to inform the target people about the real situation and also to improve upon the facility including creation of a relax corner to minimize the conflicts at these habitats. To make it more thorough, stress inoculation technique can be used to prepare them mentally to reside there with a time management package, permitting mobile phones. Also as a cognitive behavioral tool- Music can heal. Since music is quite therapeutic in nature, it should be played at these centers. Music is globally used in pre surgical pain management, labor pain management, in operation theatres, in radiotherapy units, so it can be very useful for neutralizing stress during quarantine. Even singing goes one step ahead in giving a respiratory exercise. Complimentary to that, laughter therapy too can be used, It acts as a prayanama, like internal jogging, It has to be a full belly laughter not on someone, but a laughter on cosmic joke of life in itself, not making a fun of somebody.

The literature under review reports that stress and anxiety crops up due to apprehension for any next person to be a virus carrier, symptomatic or asymptomatic. It becomes imperative to train people in every organization of whatsoever nature, intensely in setting a mode for a behavior mode like self-protective and prevention techniques not only to safeguard themselves but also their near and dear ones like type of masks to be used, type of sanitizers to be purchased, frequent washing of hands with soap, cleaning surfaces, washing food and other home items, adequate distancing from the others. These help in neutralizing anxiety.

A missing link in the related literature, especially in the Indian context, is the agony and suffering of migrant laborers, construction workers who struggle to wait in long lines for hours to get access to little food. Apart from their food cravings, their separation from the families residing in the villages, architectures the feelings of insecurity and the dread that they can never unite with their loved ones in the village. Social distancing snowballs this feeling of existential crisis. This misery needs to be addressed by contemplating on innovating techniques of bringing some amount of psychological comfort to this highly vulnerable group. This calls for in depth study, distinct and creative leadership initiatives; proactive role, compassion and charity on part of the entire community.

Conclusion

An enormous amount of threat, continuously stemming from covid 19, a global pandemic, has put the individual, community, health workforce, workforce dealing with essential services, scientific community, researchers, thinkers, leaders and politicians under severe stress and anxiety. Leaders are consistently engaged with managerial challenges. Essential services group are working and contributing with passion even in the catastrophic environment. There are some people from the community who have taken this threat as an opportunity to enhance their physical, mental, spiritual well-being and developing a new set of skills.

However, the worrisome is the mental health of people

under quarantine/ isolation and the people under lockdown. Their levels of stress and anxiety are a big cause of concern. Also the mega concern of the health workforce's safety, security and management of their stress and anxiety. It needs special focus and intense interventions. The reviewed related literature in the articles does refer to certain strategies and techniques to deal with the psychological health challenges. But the interventions need to be more substantial, comprehensive, rigorous, scientific and tailor made for various groups to combat the menace of stress and anxiety. It is imperative for each individual and the organizational leadership to ensure absolute safety of all by following all the precautionary measures.

Limitations

Since this is a novel coronavirus (Covid 19), the literature is still scanty and not so in depth. Quantitative data is unavailable.

Recommendations

There seems to be an immediate call to initiate innovations to make people accept and internalize that the novel corona virus is a part of our life now onwards. Apart from ensuring absolute safety norms at the individual, familial, societal and organizational levels, meticulous scientific approach to stress and anxiety management needs to be worked upon. A cognitive behavioural package, yoga, life style changes, creating support systems and professional psychotherapy are recommended to restructure cognitive, affective, existential domains and enhance coping mechanisms and behavioral skills of all target groups. A formidable support and security/ safety package, legal provisions, free of cost professional psychological therapy needs to be delivered to the health workforce and the other essential service providers group to neutralize their stress and anxiety. A recent worrisome concern about the asymptomatic character of the covid 19 could be addressed with both negative and positive implications. For negative aspects, precautionary measures to be implemented strongly and for cognitive-rational restructuring, mind sets could be engineered for a possibility towards the herd immunity being subtly getting build up without much harm. Hope and optimism have to prevail, at the same time recognizing that no individual is invincible, and can catch the infection.

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