



# Stressed or Worried About COVID-19?

## *Step-by-Step Stress Management Technique to Help During the Pandemic*

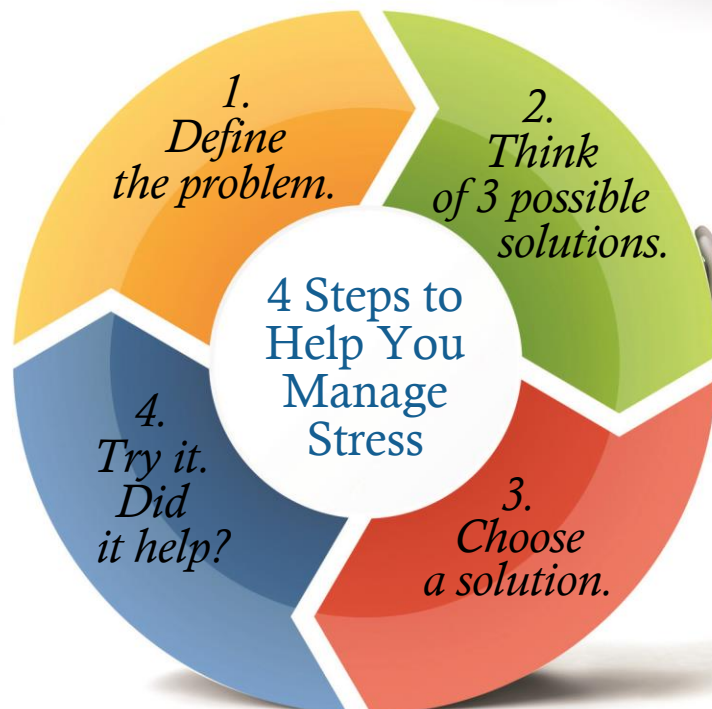
A study conducted during the early phase of the pandemic in the Philippines consisting of 1879 participants revealed that moderate-to-severe anxiety was reported by one-fourth of the Filipino respondents while one-sixth claimed to have experienced moderate-to-severe depression and psychological impact (Tee et al., 2020).



*"Being in this lockdown for almost nine months, I have been kept away from my usual routine. While I may be physically safe, I am psychologically exhausted, lonely, and helpless. I miss my friends, classmates, and colleagues at work."*  
**Working Student, Philippines**



*"Because of physical inactivity, I am beginning to feel weak and with low energy. The daily routine is becoming physically and emotionally draining."*  
**Online Teacher, Philippines**



# What Can I Do?

## Define the problem:

**Ask Yourself:** “What is the problem?”

**Example:** The extended lockdown brought me to this daily routine that has become physically and emotionally unhealthy.



## Think of 3 possible solutions:

**Ask Yourself:** “What are 3 possible solutions to my problem that **I am in control of**?”

**Example:** “1) I can begin a regular exercise routine; 2) I can schedule a weekly “video-call” with my friends, workmates, and those I don’t regularly see and talk with anymore; 3) I can begin a new hobby.”



## Choose a solution:

**Ask Yourself:** “Out of these three possible solutions, which is the **best** solution?”

**Example:** “I will begin a regular exercise routine.”



## Try it out! Did it help?

**Ask Yourself:** “Did my solution work?”



**YES**

**Celebrate  
and keep  
going!**



**NO**

**It’s okay!  
Try another  
possible  
solution.**

