

Be flexible to cushion stress

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KOTA KINABALU: One must be flexible in cushioning the impact of stress due to the Covid-19 pandemic, said Universiti Malaysia Sabah (UMS) lecturer Dr Rosy Talin.

“Giving yourself a chance to accept change can help an individual in handling this stressful situation,” said the Psychology and Education Faculty lecturer in a statement.

“We need to stop being too rigid to ourselves or to others just to defend our principles, but instead, we need to learn to be flexible.

“Open yourselves to accept change, to be excited to try new things and to be creative in addressing and improving the situation.”

In addition, appreciating small achievements, she said, can also reduce the stress, while doing things under control.

“Stop thinking about things that are out of your control, but instead, start thinking of things under our control which can be done in the current situation.

“For example, managing your families to comply with the Movement Control Order (MCO), indulging in healthy activities like exercising, keeping social distance, and helping people according to our capability,” she said.

She also urged everyone to only trust verified Covid-19 related news as the uncertainty on information would only add to self-pressure.

During this period, she said, one can focus on new things, for example, “stop thinking about the lost money, but instead, start thinking about making full use of the money at hand, or stop thinking about economic hardship, and start thinking about health.”

“And lastly, one has to lean on the Creator – to surrender all your burden in prayers to our Creator.

“He knows more about this situation, so obey his commands,” she said.