

**Webinar on ‘STRESS MANAGEMENT UNDER COVID- 19 SITUATION’
(Batch- I) on 09.07.2020 for the Government Officials.**

A Webinar on “STRESS MANAGEMENT UNDER COVID- 19 SITUATION” (Batch-1) was conducted on 09th July 2020.

51 Government Officials participated in the said Online Webinar. The participants were mainly from Directorate of Employment, Labour Department, Directorate of Agriculture, Department of Agriculture, Directorate of Cinchona and Other Medicinal Plants, West Bengal State Election Commission etc.

Dr. Suchismita Sinha – Clinical Psychologist and HOD, Dept. Of Psychology; Sarojini Naidu College for Women & President–‘Institute of Stress Management’& Dr. Shatabhisha Chatterjee - Clinical Psychologist & Expert in ‘Dialectical Behavior Therapy’ from Linehaan Institute, Washington, DC acted as Faculty.

The Webinar was coordinated by Dr Subhrajyoti Ray, WBAS(Admn), Faculty, ATI.

Few ppts from the sessions:

STRESS AT THE DOMESTIC FRONT

All the home may be considered a safe place for some, however it may not remain so during these times.

The terminology "lockdown" itself is quite overwhelming and gives a sense of being trapped.

- There is an increase of marital discord, domestic violence and problems related to children's behavior.
- People become vulnerable, anxious and irritable.
- There is a risk of chronic disease, depression, and substance abused.
- Disconnection from social support system- Increased risk of such stress.
- Added stress of having to do household chores as well as office work from home makes matters worse.

GUIDELINES AND STRATEGIES FOR COPING DURING THIS CRISIS

1. Start selfcare, practice personal hygiene and develop a selfcare plan.
2. Eat nutritious food, home cooked, and avoid outside junk food and food through E-delivery.
3. Focus on quality and quantity of sleep.
4. Take your prescription medicines regularly.
5. Avoid consumption of addictive substances.
6. Engage in physical activity- Exercise, yoga, control breathing, aerobics, etc.
7. Develop and enhance habit of reading- books that inspire and those that make one laugh or travelouges.

