

Embracing Your Stress Responses to The CoronaVirus

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March, 2020



The CoronaVirus has impacted the world in many significant ways. Despite that, you have every right to enjoy your life. Keep on growing and challenging yourself.

Give yourself permission to feel stress, but not to feel frightened by it. You will feel joy again even as you continue to wrestle with the challenges and stressors of living in a chaotic global health crisis.

It's important to remember that this crisis will end and we will eventually be back to some semblance of normalcy. You will be happy that you used this time to take steps forward on the things that are important to you in your professional and personal life.

Here are some insights to ground you during these trying times.

- Stress is a natural human response to threatening or uncertain situations and should not always be seen as a negative.
- Some stress responses are important in some situations; stress mobilizes us to survive an immediate threat by focusing our attention and zeroing in on it.
- How we handle stress can appear different for everyone. Some people are very anxious individuals and others are more laid back. Although some people may seem like they

don't care about what's going on, they may be avoiding the stressful stimulus such as the media coverage of the Coronavirus to limit their anxieties.

- Some stressors in our lives are **Uncontrollable Stressors** which lead to a physiological response of a release of Cortisol. Other stressors in our lives are **Controllable Stressors** in which the stress is situational and has reached an unmanageable point.
- When Uncontrollable Stressors like the Coronavirus become acute for some people, there is a release of cortisol that pushes the body and brain into overdrive.
- This kind of stress makes it more difficult to think through our best options for our next steps, as we all want to feel relieved of this kind of stress as quickly as possible.
- Being proactive with a clear plan alleviates knee jerk responses that can compound our initial stressors like over indulging in eating, drinking, and abusing drugs.

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