

COVID-19 PANDEMIC: DEMYSTIFYING THE COLLECTIVE APPREHENSION AND ANXIETY SURROUNDING IT.

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Keywords: *Fear, Apprehension, Anxiety, Fear, Corona, Optimism, Mindfulness, Consciousness, and Human Connection.*

The emergence of the virus COVID-19 is not uncommon and the long-term confusion regarding this epidemic creates anxiety in our fellow populations. This is not unique. When you envision the long lasting future, so it would definitely generate optimistic feelings and optimism and a fun expectation. When on the opposite, the wonderful future is terrible and evil, it induces unimaginable feelings in men.

I would like to remind you that people from around the globe are putting all their imaginative and analytical energies, time and resources into solutions. We are following answers to preserve the percentage of human survival. Despite this rising fear and response to negative situations, we all will solve this condition of difficulty as a human race. COVID-19 travels at a rather high pace and is successively affecting people around the world and their psychological well-being. There are common hyperbolic effects of issues with mental wellbeing as well as insomnia, stress attacks, general anxiety attacks and mood disturbances. There are also general anxiety symptoms. Chronic stress is also intensified due to various factors, one of which being relational distance or loneliness. As humans, we are socially oriented and social animals.

We prefer to take charge of exactly the worries, doubts, challenges and issues they encounter with close coworkers and acquaintances who become our social support network. We have a propensity to seek a donation from our peers or the relatives. Past findings have shown a strong connection between social interaction and happiness and successful existence.

(Mahanta, D & Aggarwal, M. 2013).

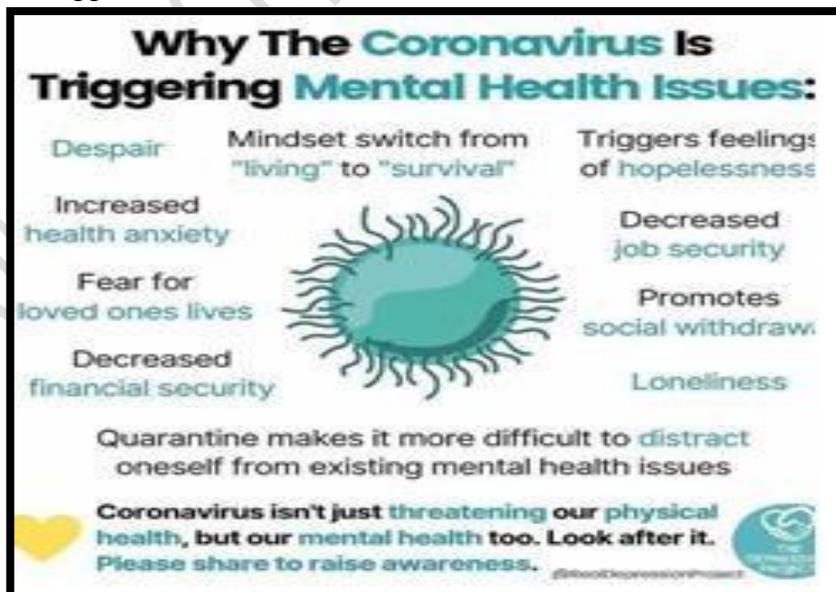


Figure: List of Triggering Mental Health Issues (adapted from@realdepressionproject)

It means that, as emotional encouragement is viewed by families and friends, as individuals work comfortably and favorably. Social alienation has negatively influenced the human experience all around the world throughout the 21st century. For the greater cause behind the pandemic, citizens are restricted to their houses.

Public activities are currently restricted, including travelling into sports, places of worship, gatherings and other JALSA meetings (musical get-togethers), irrespective of how the group and the citizens have their social help. There's a shut-down of varied sources of relaxation like movies concerts, malls and salons.

The adjustment time should be strategically exploited to deeply communicate with one's own self and to seek knowledge that can be explicitly encouraged in our higher consciousness. The usage of interactive mediums to preserve good psychological wellbeing must always establish relations with the various living beings in remote areas. Unable to cling to our adored ones, people typically feel lonelier and more anxious, esp. the elderly. Throughout this, it would help, if one becomes consciously aware of their feeling via mindfulness and unobtrusive meditation.

Furthermore, we must understand why we are conditioned to sense and realize what our brains are looking for. Among other terms, we continue to grasp and experience irrespective of how we communicate emotionally. Consequently, everybody will be careful not to reveal the virus details that could trigger irrational fear, distress, etc., it is best to trust only in valid data outlets including government websites, CDC, the WHO, etc. Local newspapers and online channels are believed for national alerts. The misleading of numbers of death tolls and virus production levels are much more the reason for the citizens feeling confused and frustrated, rather than propagating or cerebral core mechanisms of gossip capable of multiple contact networks, we will stay rooted of our actual existence and live in the 'present moment' without too frequently pursuing an unknown future. With pessimistic thoughts the human mind appears to shift rapidly.

The alleged suicide in the metropolitan Safdar Jung Hospital by a 23-year-old Corona perpetrator is highly disturbing. I think that the media can help build popular optimism by reporting optimistic information regarding healed corona-virus events. The real reality that a defendant is not new- positive and any successful event will not advance to the death can also be emphasized. Pervasive worry is one issue and fear of dying is another owing to a realistic snap. Distinguished healthy individuals can profitably utilize this point by completing unfinished assignments, engaging with friends by calling and disseminating positivism and help in these times of distress.

You have a new hobby; you meditate and read constructive texts. You and your loved ones are smarter to have a holistic perspective on living and leisure. Nugatory coping strategies can be discouraged such as alcohol use, substance misuse, over-indulgence, etc. Rather than attempting "over-control" of the distractive negative thoughts, it is wiser to "let go" by reframing one's thoughts and turning those into living within the present moment.

We must combat this threat everywhere mankind is and also the deadly virus on the opposite. I feel very positive about the triumph of civilization. It too is going to blow away like the other hurricane to clear the gloomy sky to experience the glorious sun-rays, after the disease ends. It is significant to repeatedly ask yourself this mindful question currently: How am I managing in this new COVID World, lifestyle and threat?

"The hope that something good can come out of this collective state of "together, apart."

(Elena Nicolaou, Mar 19th, 2020) Things have shifted so drastically that everyday life seems to be "a crazy existence." I go to work and the roads are empty, I go into my house and nobody is in the elevator. I'm on my board, I open my file office and start seeing my computer. Everything I'm thinking about is online or by mobile. All my social events have been scrapped and I've had Photo zoomed dinner parties, mobile, online calls, messages, and chat with friends and family via WhatsApp. I only knew that I would still fail if my attempts at creating a social network were not good before that and I had to feel close to others. Those forms to communicate are not quite the same as the warm hugs and simple smiles, but they do change. You hold me very related.

On a Positive note: Dealing with COVID-19 stress: Too many people strive hard to create a good impact and exchange information that will benefit both of us. No nation or person is exempted from this disease's possible effects. Nevertheless, there are places across the globe, such as South Korea and China, where swift intervention has contributed to this pandemic being dealt with quickly. Both people ought to be mindful that they are available for learning from anyone who can support and lift their consciousness.

Recommendations for stopping the spread

- **Big changes in lifestyle that are needed to avoid the virus.**
- **Clear Warnings at a personal and societal level.**
- **Holistically managing COVID-19 STRESS, by boosting your internal immunity.**
- **Elderly and young, need special attention & care.**

Train harder mentally – bear in mind social distance and self-quarantine and social loneliness – even though it requires a chair walk, travel around your apartment / room / house / or neighborhood. Make use of this period to complete the tasks you like. For a relative or family member who did not have time for the globe the corona virus was whipped up and there are always plenty of social and moral lessons that can be gained in periods of emergencies like these, that not only affect our own lives but the earth as a whole.

The subject may be a little more interesting if we speak about the corona virus, but it has some crucial lessons to be taught. Nor am I a scientist or an authority on the topic, but these are just a few humanistic observations and perspectives into the current scenario. But what is immediately relevant is that the corona runs rampant around the planet and then heaps of hell happen. Many lives are affected by its contagion. I would like to continue with a perspective, as I speak about the theological dimension and the moral lessons of this virus. Anything that is very serious cannot happen to you while you're young and safe, only though you have the flu, but for fragile people it's very risky. All correct! Also, people who are poor, people who are aged, need special attention and care. Consider the most efficient way to improve your protection by actually taking simple prevention steps such as washing your sheets and sanitizing your hands and practicing health, to slow down the pandemic.

We should not obsessively hold cleansers or medicines on our faces, with some medicines gels that perform incredibly well and are socially remote. Only make sure that you are at least 2 meters away from other folks. I don't believe you've got to be 2 meters apart, but I don't talk about fots anymore! When you like, Google it. If you're involved in some social situation, you will be 2 meters away from others. If, in a social situation, the virus coughs, at least 2 meters away, it stays mobile for a minimum distance of 2 meters from the human.

Everything right? Taking the care, then. Have yourself in view, please. Take these steps, otherwise take corona home if you're going to make this curve harder to flatten.

Be very vigilant about this infection, therefore. So, before I invest into Understanding More, I just want to give you a bit of a tentative view of what is going on within the world. Yeah, I assume that corona diseases, pandemics, environmental hazards and so on will always exist on earth. What I think here. Unfortunately, I used to say, but it's not really bad, because it's just a near proximity to consciousness growth. Earth is a delicate medium; the world grows on it. And if she shifts, until she enters equilibrium, we are likely to experience that if a hiccup happens on planet Earth. And then I just need to put the insight of the soul here, to remind you that if you look here, time is to focus on the higher and collective consciousness.

That's to say, the soul understands that you are now able to calculate such pandemics and natural hazards, irrespective of what occurs suddenly even when we begin to move into an age of substitution. So, we really can make a routine of being well, well, alright over time, going over rhythm, running, knowing how to move up and down in life. This will suddenly be important for everyone on this earth.

We have to find out how to navigate the amendment, and this is not the last way of dealing with these crises. And I'm not an oral communication to scare you, rather enlighten you to introspect your strengths because that is the only way to help others on earth. Yet again, humans are light-workers and only because you're just absolutely confused ... You're a much more robust individual on the inside, irrespective of the turmoil or in some tragedy that happens on Earth. Therefore, it is time to resume teaching, since these issues are still on the planet, it's time to return to your psychological powers. Because we are simply pushed to doom, because we don't want to quit, well, the ego doesn't want to end.

And whether you're in a quarantine situation or if you see it later when we're surfing through another problem, it is not the corona virus because you're aware like the action is abnormal, it could be a chance to introspective intervals, go within you and don't always go for contemplation mindfully. The diagnostic review therefore recommends that you take a chart at intervals. As I doing, however? Yet my life is going? Since we prefer to shy away from feelings too far, how did our life go? Yet what about my heart? Would I have something I can hang on to from the experience to heal? What should I think of life as in this face of threat? Which are my repeated ideas? You will see that there are heaps of buy. There are inventories to try mindfulness when we are lost, when we can't push heaps too far. As in quarantines.

The first experience is also essentially outstanding given that it encourages one to avoid and locate a newspaper and to write down stuff. Using logging as a tool for bricks. Began to do this custom of taking control of everywhere you are, so you know what happens to you in your life, and take your time, rest, be with yourself at intervals. Sit back, look, look, feel, feel the feelings.

When you are in a quarantine, take the chance to seek and do the internal job, to be completely for yourself. To nourish yourself, to demand treatment of yourself {in adjuring an incredibly lovely, and healthy way} as a consequence of your effort to get a little contact to figure out, nevertheless, how you got there. And, as a consequence you do here is what happens in your real existence. You should then use the opportunity to seek this inner product if you have decided to remain a little bit lost.

The second set of lessons shall be linked to another. At present the lesson seems to be a little irrational and conflicting compared to the one I had just spoken about earlier. The second concept is applied to us and it can seem to be a different experience, because both of us are told that we have a social barrier, that we are self-quarantined, we are kept out of human connection.

How is this going to be connected to others? And that may be a product of what every epidemic really needs, but particularly that infection might be a lot of citizens that are isolated from each other, they are older people, who are in vulnerable communities and so they cannot give up food or they would get this disease. And instead, essentially our brothers and sisters protect us, is what we are referring to as attempting to achieve. Grab the family, grab care in the house, grab care if you have some elderly neighbors.

When you have some one who is ill or resistant, understand them, understand your neighbours. Grasp individuals to reach out to the friends, expand the hearts to reach out, communicate with others, decide that you have a friend in your room who's a group at risk and who needs support. If anyone likes to evaluate and needs food resources, they don't have to, irrespective of their circumstance. These disasters cause the nations, and the individuals who are safe and happy, to relate to potential approaches, in ways in which we prefer to not interact with other nations, to help us in sympathizing with other citizens, and have sympathy with others, rather introspect mindfully what a nation can do best, for its own citizens in crises.

There is also the aspect of the association, but not just citizens in our city. When disasters such as this unfold, disasters that just strike the whole planet, we begin to realize how related we are.

I say, the world is highly connected. One thing that starts in China weeks later, spreads to the entire world. The method that this virus simply unfolds through the entire world shows you the illusion that, if you continue to feel you are independent of another person, actually its all in one universal human connectedness. I think that an epidemic such as this will be really convincing you how we are really tightly related everywhere. There are stuffs beginning in China that can spread around the globe within weeks or days or no matter, but it has taken time for the virus to travel elsewhere. If you think we are not associated, you are illusory, we all are deeply associated. However, we appear to be super related, so this is a conceptual understanding of how interlinked we all are at the human dimension, at the stage of consciousness and if these things exist, we will think so much and consider it further, yeah. Thus, because we are linked, because we are intricately associated, we all work not in isolation, rather within a family, a society, a culture and a nation, and this work contributes to others.

Nevertheless, not just the ones I particularly admire, other individuals are often alluded to as outsiders. We must continue to worry over these issues, particularly now that we are all related and so useful to each other. We depend on each other, everyone does. So, we know this, and that if the disaster happens, we recognize why. But disasters dont crack up so often, and everyone is able to feel profound sympathy and fellow-feelings towards others as we fail. I don't want a crisis like this up my heart. Compassion is known as herd immunity, as a consequence of tender caring, social support and societal cooperation, production of herd immunity increases. However, at countless moments, as there is invariable an accompanying senior neighbor, I mutually take care at the back of my mind; I have an

elderly neighbor upstairs. So, this cracking of the compassionate heart core is available everywhere, leading to even strangers's well-being.

The society doesn't have to think about a corona virus if you've got this idea, about the collective human consciousness. Yeah, but remember, open the heart and show compassion towards people you can't meet, those who are injured, those who are undergoing treatment and whatever immune suppression, whatever intervening circumstances, which can keep them under this terrible risk of infection. And even if we are embroiled in a situation, we can become trapped in the feelings that a situation creates, for example, over and over again. Sorry and fear or distress.

Many people lose their livelihoods, for one, if they can't work, they lose their pay checks. And then the economic dimension of the present one is also tough. And even in a real, only the actual part we may get really trapped. It's not the wedding of harmony, there is no more duality or polarity within the core. To start with your higher self-view, to begin your relationship, to provide the foundation with your mindful allegiance.

Thus, if there is an epidemic, disaster, or whatever, often individuals start feeling and thinking endlessly, so if the feelings are profoundly strong, they pull down the pulse of social consciousness. This is the world's root attitude. I imagine, there are millions of millions right now across the globe, so perhaps let's only assume millions and more citizens who are at worry, a touch of fear, a bit of desperation! That the collective's pulse is fundamentally small at once and that we all feel it, very responsive, especially light workers and human empaths. Don't let yourself spiral down. Be solidly grounded. I am orally told that at all moments, you can only encourage yourself to be person because you are a vigorous light worker and have faith, too. You will also find a very fine compromise between realizing that you are here only to support the growing consciousness, and understanding together that you are simply here to be human and being human means having the full spectrum of human emotions and awareness.

Yet the key is not to let yourself be deep in this infinite black void of this room. That is the balance here. You should be alive and have feelings. You should be normal. You sense them because you have complex feelings. You authorize them, you embrace them, so that your heart and mind go into marriage. You welcome them. You put it all for passion and sympathy. And then the underside of civilization is the stuff that don't go too smoothly at times, if it's governmental entities, non-profit organizations that may be the basis of cultures. It's these issues that don't go well, but we tend not to listen very much in everyday life. I have an affiliation to nature that is really dreadfully shut.

Collectively, this virus in the near future, will answer a lot of questions regarding, what went wrong, whether the country was preparing for such a situation or not? What went wrong? Yet if we have these crises, we want to replenish any global, national and foreign issue and continue making selection on it, so we want to move forward and to adjust our actions in some way, to compare our consciousness in more harmonized manner, with the world and more harmoniously with each other. To make cooperative movements faster, transfer mutual strengths in moments of collapse, and not to simply close your eyes and you can continue to specialize in your respiratory tract. Sweet deep mouth breathes and what is considered belly respiratory ventilation, which indicates that it's not a heavy breath because it hyperventilates on the upper portion of the lungs. Diaphragmatic deep breath. Slow air. Happiness, the lightweight is caring, kindness, feeling and tenderness, happiness, and this is what you offer with this exercise to the whole world.

The pandemic of coronavirus is creating severe worldwide disruptions and causes all of us to slow down (or fully stop!). Yet this economic recession still presents us with a tremendous chance to increase our faith and moral awakening. We discussed in this paper, the mindful insights we have learnt from this pandemic and how we will interact through this powerful force all over the world, in our psychologically daunting times.

Some Meaningful Resources:

- For more COVID-19 information contact CDC.
- For information on the rolling COVID-19 updates by WHO, visit site.
- For more information on managing COVID-19 stress, visit MOHFW site.

Journal of Engineering Sciences