

Message From Us Counselors

The Stress and Anxiety You May Be Experiencing Right Now

part 1 ◆ *The mechanism*

2020.4.24

Keio Student Counseling Room

The inconvenience is getting on my nerves

Not being able to see my friends is making me feel lonely

What's going to happen to my club or circle...?

What if I get infected?

I'm anxious about my future

Is your head full of various emotions and thoughts?
With everything going on you may be worried about your current situation.

Will I be hired?

I'm so frustrated

I don't wanna be with my family

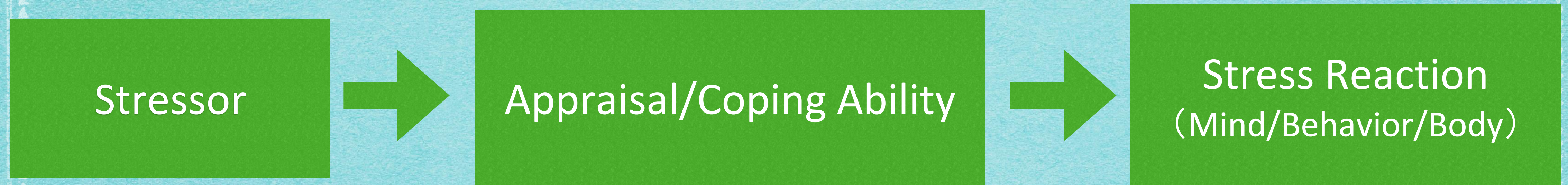
My study and research is falling behind schedule

So lonely

It doesn't feel like I entered university

I'm literally broke...

Having a “Stress Reaction” Under Irregular Circumstances is a Natural Response



Source : 「文部科学省」第2章 心のケア各論

Given the current circumstances, the restriction due to the Covid-19 can be a “stressor”.
Not being able to digest these once in a life time problems is not surprising.
Moreover, having a “stress response” as a result is a natural reaction.

●Stress Reaction of the “Mind”

Anxiety, Depression, Low Concentration,
Decreased motivation, Panic, Being Lazy,
etc

●Stress Reaction of the “Body”

Sleeplessness, Headache, Stomach ache,
Nausea, Tiredness, Fatigue, Stiff Shoulders,
Being overactive etc.

*If the symptoms are serious or long-term, visit a doctor.

So How Do We Deal with “Stress” ?

Do not deny your negative thoughts or emotions

Denying what you are feeling will make you feel even more painful. Start from objectively observing yourself and see how you are feeling.

Change the degree of emotion to what you can take at the moment.

Stop where you are with the negative emotions you have. See if you can make that emotion smaller or if you can change how you see things. Try things out.

Just try. (Trial and error is important too.)

If you come up with something that may work, try it. When you first try, things may not go as planned. Adjust as you try and find a point that fits you just right.

How you are feeling or your actions will change and your stress level will lower.

As you try the above, you will probably start to have thoughts like “I didn’t feel like it but it turned out okay” or “Maybe things will actually work out”.

Try this Method

① Negative thoughts come to your mind (Automatic Negative thoughts)

"I have to do my assignment"
"I don't feel like doing it"
"It's even hard to get fresh air with this quarantine"
"If only I had a bigger allowance"
"I should've made an effort"
"I'm such a useless human being...
I have no hope..."



④ Changing your actions will change how you are feeling → Your stress will lessen and help you do what you need to do

"Having a clean floor actually makes me feel a bit better"
"Maybe I can make some coffee and sit at the desk"



② Leave that thought aside and think of what you can do at that moment

"Wait a minute... I'm blaming everything on myself again"
"This pattern always makes me feel painful"
"Even if I am useless at least I can..."



③ Try doing anything that you can think of

"I'm gonna start with cleaning this dust right in front of me"
"I might not be able to do my assignment right now,
but at least I'll do something. And this isn't as hard."

Reference

(Japanese only)

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(Japanese only)

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