



## Anxiety During Corona Virus Outbreak (Covid 19)

Weyman A\*

Department of Psychology, University Bath, UK

\*Corresponding author: Andrew Weyman, Department of Psychology, University Bath, UK, E-mail: A.Weyman@bath.ac.uk

Received Date: May 20, 2021; Accepted Date: June 5, 2021; Published Date: June 13, 2021.

### Editorial

Coronavirus disease (COVID-19) is a newly found coronavirus that causes an infectious disease. The majority of patients infected with COVID-19 will have mild to moderate symptoms and will recover without any additional therapy.

COVID-19 is spread mostly through droplets that are produced when an infected person coughs, sneezes, or exhales. These droplets are too heavy to float in the air and fall to the ground or other surfaces. If you are in close proximity to someone who has COVID-19, you can be infected by breathing in the virus, or by touching a contaminated surface and then contacting your eyes, nose, or mouth.

The pandemic of COVID-19 has had a significant impact on our lives. Many of us are confronted with difficulties that can be stressful, upsetting, and elicit powerful emotions in both adults and children. Public health measures like social separation are vital to stop COVID-19 from spreading, but they can make us feel alone and lonely, as well as cause tension and worry. Stress can have a negative impact on your health.

- Fear, anger, sadness, worry, numbness, or impatience are all common emotions.

- Appetite, energy, desires, and interests change.
- Concentration and decision-making difficulties
- Sleep disturbances or nightmares
- Headaches, bodily pains, stomach issues, and skin rashes are all examples of physical reactions.
- Chronic health problems are getting worse.
- The state of mental health is deteriorating.
- Tobacco, alcohol, and other substances are being consumed in greater quantities.

During the COVID-19 epidemic, it's common to experience tension, anxiety, grief, and worry. Here are some suggestions for coping with stress in yourself, others, and your community.

The COVID-19 epidemic has had a major impact on mental health in the general populace. As a result, during a pandemic, monitoring and oversight of the population's mental health is a top responsibility. The goal of this research is to review existing research and findings on the incidence of stress, anxiety, and depression in the general population during the COVID-19 pandemic.

In a culture, nervousness and worry impact nearly everyone. According to recent studies, people who are put in isolation or quarantine suffer from severe anxiety, rage, disorientation, and stress. Early detection of persons in the early stages of a psychological problem improves the effectiveness of intervention efforts. Health crises, such as the COVID-19 pandemic, cause psychological changes in both medical workers and population, and these changes are triggered by dread, anxiety, despair, or insecurity. COVID-19 may affect the mental health of individuals at several layers of society, ranging from infected patients and health care workers to families, children, students, patients with mental illness, and even workers in other sectors, due to the virus's pathogenicity, rapid spread, and high mortality rate.