



# **CALM CONRONOVIRUS STRESS AND ANXIETY**

**BY CONTROLLING THOUGHTS  
AND BREATHING**

Viktoria Ter-Nikoghosyan, PhD




# Everything changed, for everyone...

Today, the entire world is on some level of quarantine. The reality is everyone's lives are impacted given the shock to the system: social distancing, social learning, events canceled...

The situation is fluid as we all entered uncharted waters. The magnitude of this pandemic is hard to understand, especially for kids and teens. We know we are all in this together. The life of every single person on the planet is impacted by this.

During such times, the first thing to do is figure out a way to stay **calm**, and flexible to adjust to the constantly changing circumstances. In other words, how to stay resilient and resourceful. What can we do now, what solutions do we have? We all respond differently; some people do not change their behavior until forced to. Some panic, stocking their homes with all sorts of supplies, we have all seen the news about the toilet paper shortage. Some try to find balance: cautious but **calm**. Whatever you do, the fact is we have been facing unprecedented change that we cannot control. On top of that, we do not know how long this pandemic will last nor what the implications are.



# So, my question to you is:

How do you feel? Whatever you feel is it what you want to feel? How would you like to feel and act? For some people, it helps to write these feelings down or talk them through with someone.

If you feel good and balanced, then this post may not be for you. However, if you are feeling worried, concerned, or anxious because of the many unknowns then you may find the rest of this helpful. If you would like to take your feelings under the control here are 2 steps that are proven to be very useful to stay **calm** and resourceful.

The first step is a strategy to control your thought process and the second step is a powerful breathing technique to take under control the way you feel.

# THOUGHT PROCESS CONTROL

This is how our thoughts process goes when we face a problem.

1

When we face an issue especially when there is not enough information and the situation is unfamiliar we get anxious and stressed. It is a normal survival response to consolidated our resources to find solutions. It is helpful to acknowledge this and recognize how we feel.

2

Then, naturally, out of survival instinct we think what can go wrong, all possible bad scenarios go through our minds. This is a very useful process to get us prepared but if we get stuck on this step then anxiety is guaranteed. The important thing is to go through this step quickly: acknowledge what potential “worse case scenarios” could be and quickly move to the next step.

3

Anxiety-free people never get fixated on “worse case scenarios” instead they focus on finding solutions. I believe that everybody has an experience when you were able to overcome a bad situation. Allow yourself to recall this situation. When you remember, your mind will start to think of potential solutions. It is very effective to first remember that good time, go into that wonderful state and only then from that positive, resourceful state start looking to find solutions for your situation whatever this pandemic brings. It could be having the time to read a book, learn a new recipe.

# BREATHING CONTROL

After you find solutions you can **calm** yourself down with the technique I developed for normal anxiety and stress. Start with paying attention to your breathing. Breathing has a very profound impact on the way we feel because it can easily change the neurochemical “cocktail” in our body to make us feel differently. Most of the time during stress, an anxiety or panic attack, we breathe faster than usual, and that change in breathing changes our body’s neurochemical composition by releasing stress hormones to help us cope with the alarming situation. When the alarming situation is an imaginary one and there are no actions to stop the process, that stuck state feels like anxiety.

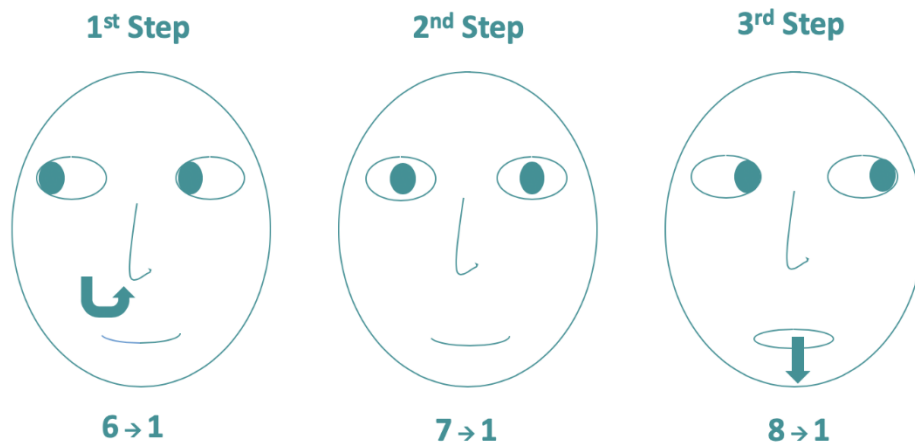
**The following exercises can help you relax and achieve that normal breathing rate by,**

1. switching your brains from the emotional part to the rational thinking part (counting backward),
2. changing your mode from fight-flight-freeze mode to its opposite: relaxation mode (breathing), and
3. calming yourself down (lateral movements of eyes balances hemispheres activities). In a relaxed state, you can think about how you want to feel and act.

# Here is the simple three-step breathing technique:

- Look left, inhale slowly through your nose while counting backward from 6.
- Look straight, hold your breath for a count of 7, counting backward.
- Look right, exhale slowly through your mouth, while counting backward from 8.

The image demonstrates the sequence of steps and actions.



While looking left, straight, or right, you can either turn your head or keep it still and move only your eyes, whatever is comfortable for you.

Repeat until you are **calm** enough to go back to your normal activities. Most of the time it takes one to four rounds of this type of breathing to start calming down.

~~

# ABOUT THE AUTHOR:



Viktoria {Vika} Ter-Nikoghosyan, PhD, is an Executive/Performance Coach, who has learned from many of the best in their fields and developed her own effective and unique Master Your Mind System. Before becoming a coach, she had several successful and lucrative careers that have led her from a Ph.D. in Biophysics to being an international consultant on organizational development and serving as a consultant to the United Nations.

She specializes in working with high achievers to boost their resilience and productivity after getting derailed by intense challenges. She has helped over 4,000 high-level leaders in government and business in more than 25 countries up-level their performance and reach their goals at record speed.

**Contacts:** [www.Live-in-Harmony.com](http://www.Live-in-Harmony.com)    [tervika@live-in-harmony.com](mailto:tervika@live-in-harmony.com)    +1(646) 651 3432

Copyright © 2020 Viktoria Ter-Nikoghosyan. All Rights Reserved.