

Stress, Immunity and COVID-19

01

Let us understand
some insights.



Why is everyone talking about it?

Part 1: Understanding
Stress

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Part 2: Prioritizing
Immunity

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Part 3: COVID-19

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Stress



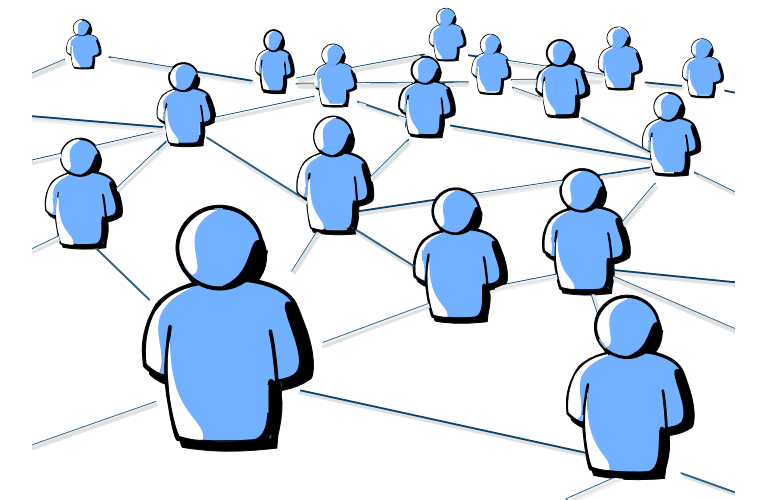
Physical

Food
Dehydration
Hot or Cold
Temperature
etc.



Personal

Loss of career
path or job
etc.



Social

Relationships –
Friends, Family,
Loved ones,
Neighbours,
Community etc.



My Stress is My Stress
and
None of your Stress

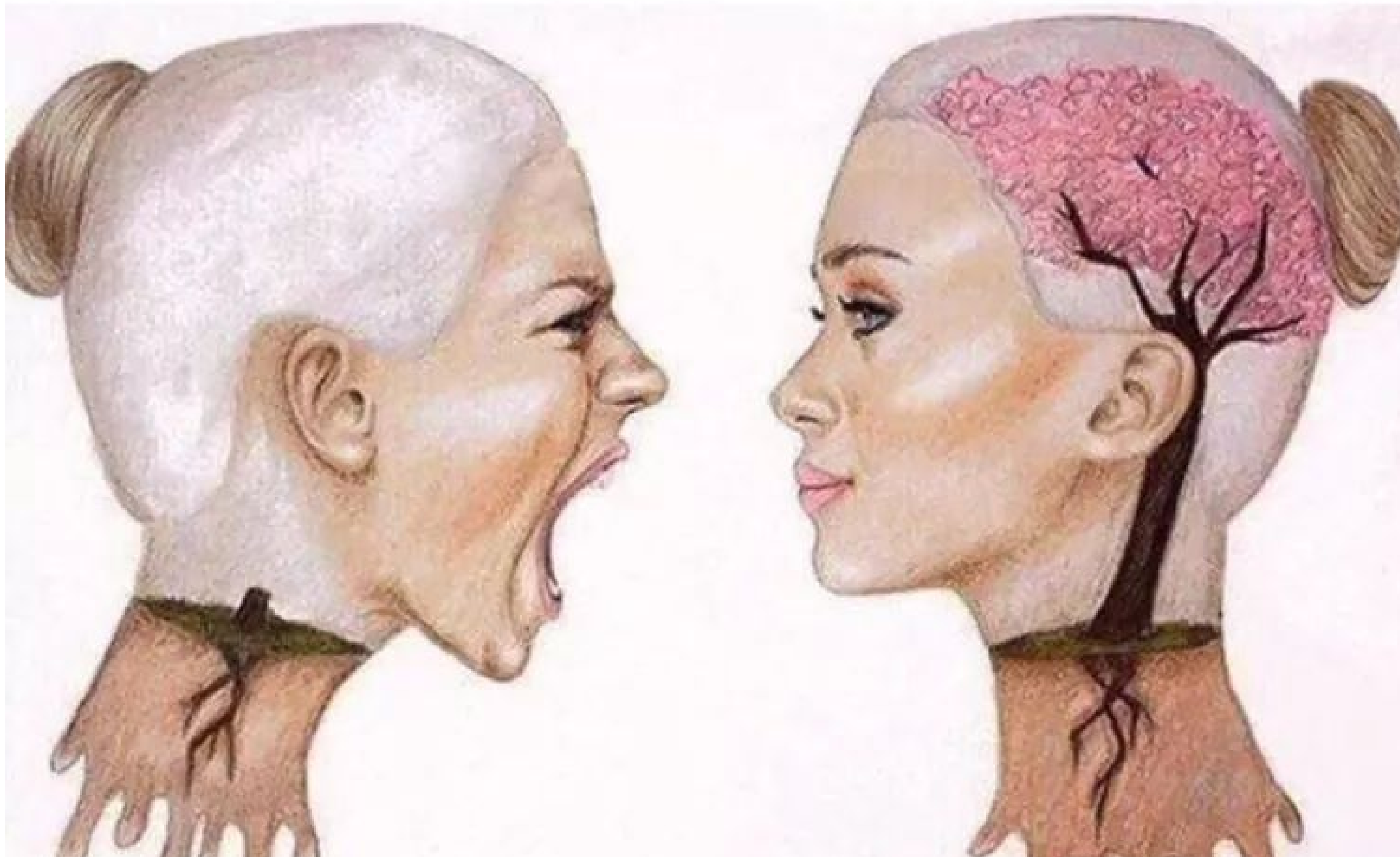
Types of Stress



Acute Stress

Chronic Stress

Acute on Chronic Stress



Mental Health is IMPORTANT

Impact on Immunity



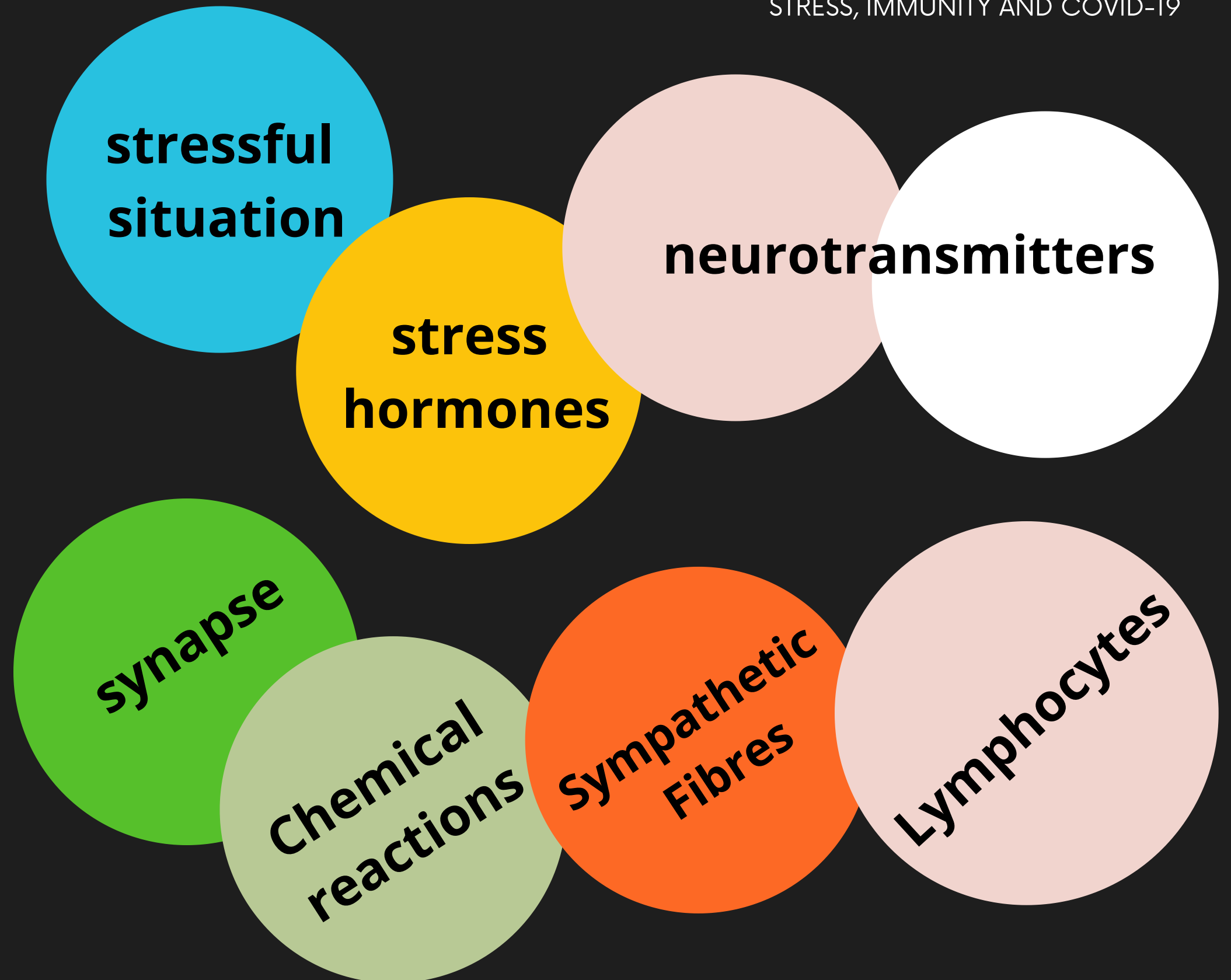
Impact 1

Acute Stressors suppress cellular immunity.

Impact 2

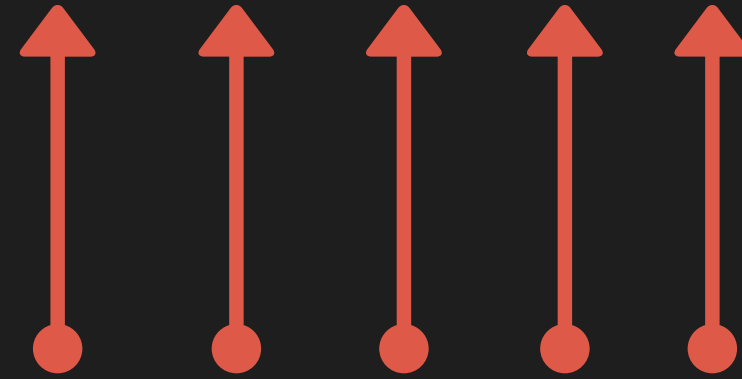
Chronic Stressors suppress cellular and humoral immunity - both.

How does stress
gets "inside the
body" to affect
immune
response?





Stress (enemy) attacking from the
forefront



Energy stores sent to the
battlefield.



Our
Body



Cytokines

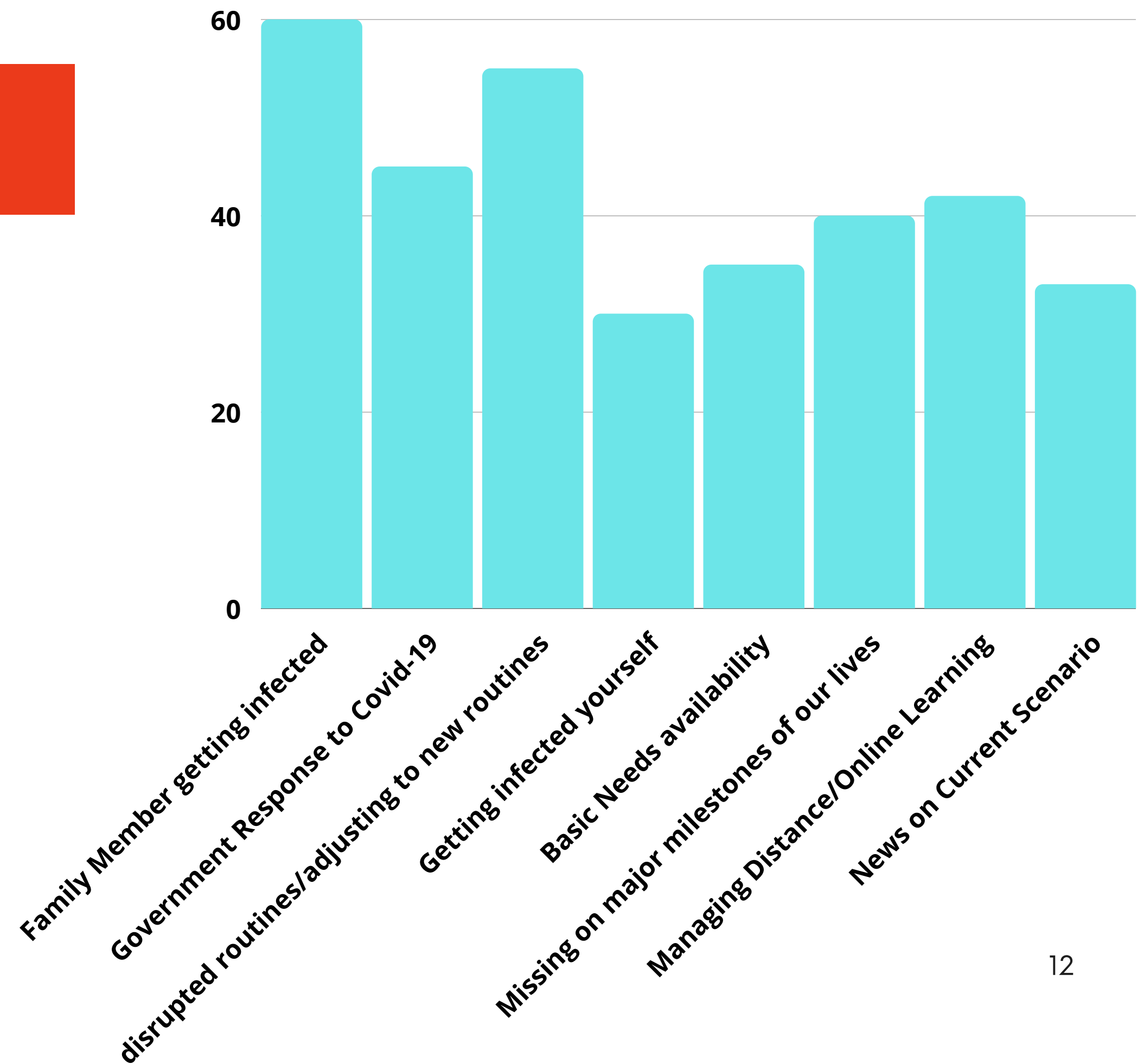


They are communicatory molecules produced by immune cells to carry out immune response.

Covid-19



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The New Normal



Strategies to manage Stress

PSYCHOSOCIAL

PHYSICAL

**NUTRITIONAL
OR
DIETARY**

**PHARMACO-
-LOGICAL**



What can we do?

1 Self Analysis

Stay informed and educated about stress. Know when you feel it.

3 Recreational

Watch a movie. Read a book. Sing. Cook. Dance. Paint. Write. Play Games. Create.

5 Socialise

Spend time with family. Call friends. Talk. Be Kind and friendly.

2 Mindful Approaches

Stay Calm. Relax. Practice Yoga and Meditation. Pray.

4 Exercise and Food

Eat healthy food. Stay fit. Exercise and stretch.

6 Plenty of Sleep

Give rest to your body and mind. Give time to yourself to rejuvenate.

THANKYOU

Not everything is in our control. So, let's control what we can.

Reach out for help if you need.

Email
Address

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