

## Happiness, a placebo for stress

Stress and anxiety caused by pandemic increase demand of psycho-emotional assistance

Fear, anxiety, social distancing, and uncertainty about what will happen can be overwhelming for both adults and children, causing a sense of loneliness and thus increasing stress.

Happiness, peace, balance and welfare are words that have more impact on population day after day. Most trends of lifestyle and health are oriented to those concepts, and several entrepreneurship projects pretend to cause happiness while their products or services are used; even at work people want to have happy employees, as they are more productive than the unhappy and bad-tempered ones.

However, COVID-19 pandemic changed several dynamics. Streets around the world have been empty for about 5 months and the atmosphere is devastating, social distancing also affects people's temper at home as a consequence of lockdown. In addition, emotional crisis gets worse due to economic crisis among people who have been made redundant. These are some of the reasons that affect daily lives of many people nowadays.

For those reasons, it is important to keep a healthy emotional status that contributes to harmony at home to be able to enjoy the happiness caused by good feelings, motivation to continue smiling, and enjoying life.

Fear, anxiety, and uncertainty caused by pandemic may be an overwhelming situation for adults and children. Social distancing produces a feeling of being lonely, and stress increases too so, it is important to find productive activities that help you to deal with this situation that also may be healthy for you and your loved ones.

According to Centers for Disease Control and Prevention (CDC) in United States of North America, stress caused by lockdown increases fear and make people get worried about their health and their families. Besides, the loss of their incomes and changes to their routines affect their sleep and eating patterns, deteriorates chronic health complaints, and increases use of alcohol and tobacco.

The response each people have to stress depends on several factors, such as support of family and friends, financial status, health and emotional background, the community they live in, and many others.

In moments of critic social distancing, people may keep in touch through calls or video calls, which reduces the feeling of being lonely.

To find a solution to these problems, Centers for Disease Control and Prevention recommend the use of several support services such as counseling or therapy provided by telehealth services. It is also important to take care of the body by taking deep breaths, do exercises to stretch or meditate, eat healthy food, have a balanced diet, exercise regularly, sleep well, and avoid the use of alcohol and drugs.

In 2010, the Colombian man Alfonso Becerra in a Cultural Management Congress in Chile, declared August 1 as the International Day for Happiness, and this celebration became popular in countries such as Chile, Brazil, Argentina, and spread to other countries like Mexico.

The objective of this celebration is to reflect on this feeling, which not only causes welfare, but it also contributes to mental and physical health as it causes a feeling of satisfaction.

That is to say, happiness is considered as one of the main factors that improve quality of life, not only on the physical aspect, but into the psycho-emotional side too.



“We all have the power, the power to move forward. That is the real power, to call on friends who can help us change and transform this adverse situation”.

Dra. H. C. Catalina Mendoza Arredondo. Founder of Congregación Mariana Trinitaria.



What makes people happy?

- A caress, a smile, or a hug given by a loved one
- Having success on studies or work
- Spending time with friends or people they love
- Recovering from a disease or overcoming a challenge
- Playing, running, jumping, dancing or doing exercise



- Delicious food or a scrumptious dessert
- Being in contact with nature




### WHO recommendations to COVID-19

 Avoid contact with sick people	 Do not touch your eyes, nose, or mouth	 Cover your nose and mouth when sneezing	 Wash your hands often
 When you cough or sneeze, do so on the inside of the elbow	 You may use a disposable tissue if you cough or sneeze	 Clean and sanitize frequently touched surfaces	 Maintain distance between yourself and others

### Message CMT

During this time, Congregación Mariana Trinitaria (CMT) has promoted its objectives, and it has also improved its networks to provide assistance to encourage the government to continue with public investment to keep a positive impact on people. Financial supports are being provided to continue with the activities, and also, to become aware of changes that have to be made in important health areas as care and prevention.

By performing those actions, CMT wants to raise awareness in citizens about the vulnerability of human beings. They need to know that if they want to succeed, efforts have to be made to guarantee social welfare, in the same way CMT, an institution from Oaxaca with 23 years of experience, has done it.

Finally, Congregación Mariana Trinitaria (CMT) calls all its beneficiaries to keep on trusting on this civil association to continue changing paradigms in society, and also to continue making considerable efforts to promote the welfare of Mexican people.