

MAINTAINING YOUR SANITY DURING COVID 19

Larry Kubiak, Ph.D.

Licensed Psychologist

Director of Psychological Service

Tallahassee Memorial Behavioral Health Center

EVERYONE AROUND THE WORLD IS EXPERIENCING THIS TOGETHER

No sane person feels good during a global disaster

The crisis phase will resolve

In any major change there are losses and opportunities

Stay safe at home

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, located in the lower right quadrant of the slide.

AMERICAN PSYCHOLOGICAL ASSOCIATION STRESS IN AMERICA SURVEY 2020

First significant increase in average reported stress since 2007

Significantly more stress for parents with children under 18

70% report economy a significant stressor

People of color report more stress than whites

A decorative graphic consisting of several parallel white lines of varying lengths, slanted diagonally from the bottom right towards the top right, set against the blue background.

▶ American Psychological Association Stress in America survey 2020

83% SAY FUTURE OF NATION A SOURCE OF STRESS


72% SAY THIS LOWEST POINT IN COUNTRY'S HISTORY

63% SAY RE-OPENING CAUSES STRESS

72% ARE CONFIDENT THEY CAN PROTECT SELF

65% WANT MORE INFO ON WHAT TO DO

TOP TWENTY RECOMMENDATIONS

1. Adjust expectations—self care is most important
 2. Re-prioritize. Focus on activities that are most meaningful
 3. Don't let others dictate your pace and focus
 4. Limit media exposure and only to trustworthy sources
- 

TOP TWENTY RECOMMENDATIONS

5. Incorporate good nutrition

6. Regular aerobic exercise

7. Breathe properly to relax

8. Identify, challenge and correct irrational thinking—you feel the way you think

TOP TWENTY RECOMMENDATIONS

9. Imagine a safe relaxing spot and give self permission to go there

10. Develop and utilize social support network

11. Laugh at yourself—don't take yourself too seriously

TOP TWENTY RECOMMENDATIONS

12. Practice forgiveness and don't hold grudges

13. Give self permission to take time for yourself and enjoy it

14. Know that resilience is a process of adapting well in adversity and can be learned

TOP TWENTY RECOMMENDATIONS

Four resilience affirmations:

1. I can cope successfully
2. I can connect with anyone and everyone.
3. I can overcome stress
4. I grow from challenges

TOP TWENTY RECOMMENDATIONS

15. Look for opportunities for self-discovery

16. Nurture a positive view of yourself

17. Maintain a hopeful outlook

18. Recognize that grief is the total process of reacting to loss, working thru feelings, thoughts and decisions toward a successful resolution. It is a 5 stage process that is totally unique in everyone.

TOP TWENTY RECOMMENDATIONS

Successful grief resolution involves:

1. Honestly accept and express the pain.
2. Talk it out with caring others.
3. No timetable
4. Be involved in meaningful activities
5. Be grateful for your life
6. Have faith in God's plan for you.

TOP TWENTY RECOMMENDATIONS

19. Focus on something practical you can do immediately to make the situation better.

20. Seek professional help should your condition worsen or is prolonged.

RESOURCES

American Psychological Association

www.apa.org

National Alliance on Mental Illness

www.nami.org

American Academy of Pediatrics

www.healthychildren.org

United Way www.211.org