Psychological Perspectives on COVID-19

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The New Normal
Most of us feel pressure from all sides

- Anxiety
- Loneliness & Isolation
- Helplessness
- Money Worries & Work Issues
- Values Conflicts
- Sadness & Loss
- Uncertainty & Confusion
- Stimulus Deprivation
Crisis as opportunity for growth: Potential blessings

• Having control of your time
  – Greater family time

• Rethinking priorities
  – Aligning time and energy more closely with core values

• Developing creative solutions to new problems
  – Creative use of Zoom and other technologies
  – Alternative ways of touching parishioners (e.g., “drive-by home blessings”)
  – Creative fund-raising appeals
  – Peer to peer support among parishioners
Coping strategies: “You have to be a parent to the child in you”

• Maintaining structure and a schedule
• Planning your “information diet”
• Good sleep habits
• Exercise (see Resource page)
• Healthy diet
• Calming your nervous system Accepting your feelings
  – Spiritual practice (Prayer – Keeping silence – Gratitude)
  – Mindfulness (see Resource page)
• Staying connected to parishioners
• Peer support from brother clergy
Warning Signs

- High Anxiety
- Loss of Energy
- Loss of Interest or Pleasure
- Anger or Irritability
- Increased Conflict
- Sleep Disturbance
- Helpless or Hopeless
- Negative Thinking
- Negative Habits
- Social Withdrawal

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Resources

- Sleep – [The Insomnia Workbook: A Comprehensive Guide to Getting the Sleep You Need](https://www.headspace.com)
- The Seven Minute Workout App - [https://7minuteworkout.jnj.com](https://7minuteworkout.jnj.com)
- The Headspace App – [https://www.headspace.com](https://www.headspace.com)
- University of Michigan self-screening tool for depression
- Managing COVID-19 stress:
  - [Coronavirus-Anxiety-Workbook.pdf](https://www.headspace.com)
  - [World Confederation of CBT COVID-19 News](https://www.headspace.com)
  - [Managing Fear and Sadness](https://www.headspace.com)

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