



COVID19 & Me

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2021 Thoughts

- Shouldn't pandemic be over now?
- Are we facing 2nd, 3rd, 4th waves of COVID19?
- Are they worst than 1st wave?
- Are there toilet papers in Costco?

Effects of COVID-19 pandemic

- Personal
 - Shelter-in-place: social isolation, loneliness
 - Loss of routines, normalcy, future uncertainties
- Business:
 - Closed businesses, Job loss, financial difficulties
 - Public health, employment/labor issues
 - ~1.3B global workforce livelihoods at risk
- Physical & mental health concerns
 - Inactivities, weight gain, social isolation
 - Worsen anxiety, depression, other mental health issues

2021 NAMI Reports

- Parents/较多家长提到受到疫情影响,
 - 學生作息時間顛倒，上網課沒興趣，長時間缺少與同伴社交，上網到半夜，抑鬱，焦慮不安。 Students' reversed work & rest hours, no interest in online classes, lack social interaction w/peers for a long time, surf Internet till midnight, depression, anxiety
- Foreign Students/留学生方面,
 - 政策不斷變化，留學身份受影響。回國難，不回國也非常難。留在美國的自己在房間裡，很孤獨，前程不確定，焦慮感倍增，有的嚴重失眠
 - policy constantly changing, status of studying abroad is affected. difficult returning to China, also very difficult not to return.
 - "I stayed in the U.S., locked in a room, lonely, uncertain about my future, anxiety++, severe insomnia"

PERCENT OF PARENTS AGREEING THE PANDEMIC MADE THE 2019-2020 SCHOOL YEAR EXTREMELY STRESSFUL FOR THEM

63% among all parents



Parents of children ages 5-7



Parents of children ages 8-12



Parents of younger teens ages 13-14



Parents of older teens ages 15-17





AMERICAN
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STRESS IN AMERICA™ 2020

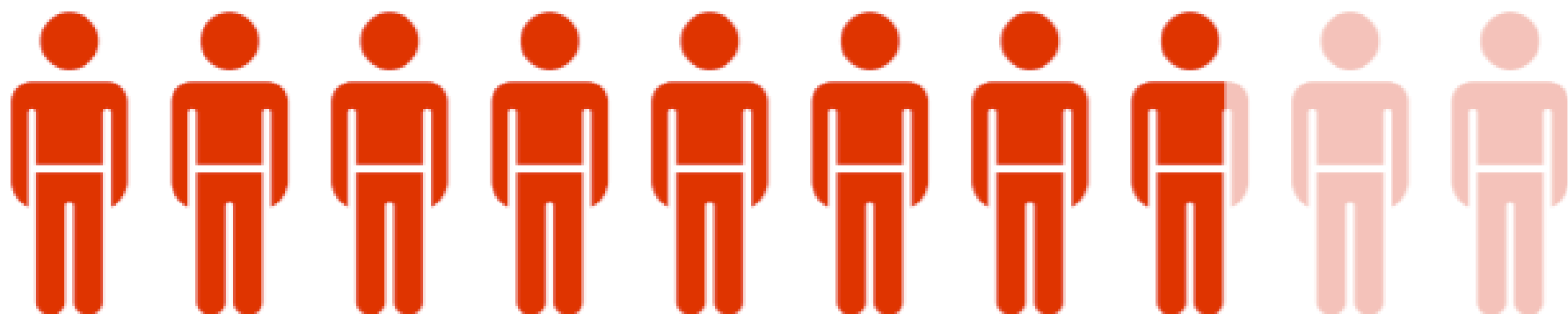
A National Mental Health Crisis



APA 2020

- “Facing a national mental health crisis”
 - yield serious health & social consequences for years to come
- COVID-19 pandemic
 - topped 215k deaths (U.S., Johns Hopkins University)
 - > WW-I (~116k), Vietnam War (~58k), Korean War (~36k)—combined
- Immense stress & trauma
 - Friends & families died
 - Those infected; who face long recoveries;
 - Chaos: job loss, financial distress, uncertain futures

COVID-19 IS A SIGNIFICANT STRESSOR FOR MOST AMERICANS



Nearly 8 in 10 (78%) say the coronavirus pandemic is a significant source of stress in their life

COVID19:

Is it all bad news?

Some COVID-19 positive news

- Most people
 - Mild symptoms, get better on their own.
 - 1 in 6 w/severe problems, trouble breathing.
 - Serious Sx's higher for elder or w/health condition like diabetes or heart disease.
- COVID19 U.S. vaccination
 - ~13% currently vaccinated
 - 99% vaccination: by summer 2021

Vaccinations

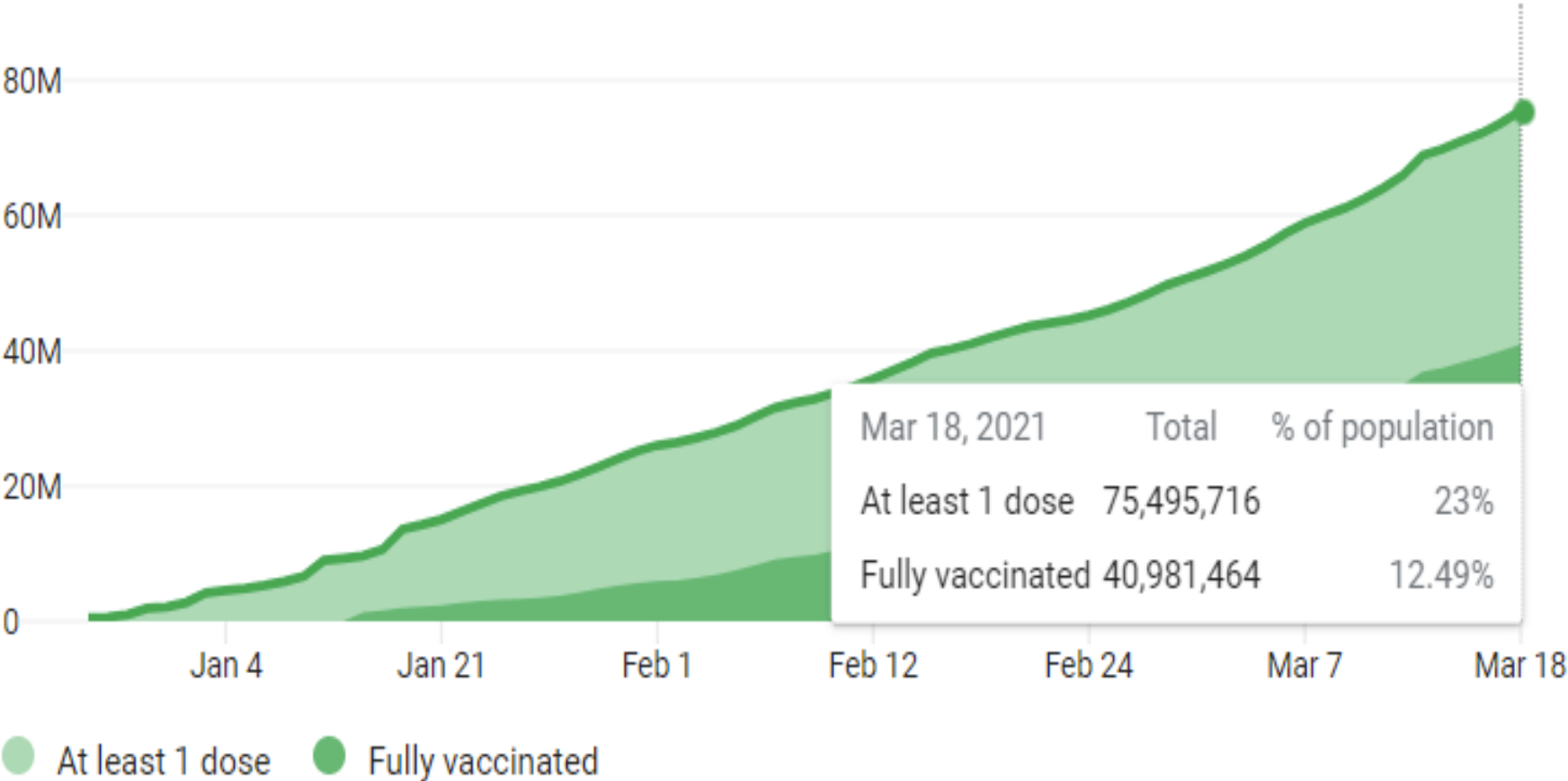
From [Our World in Data](#) · Last Updated: 2 days ago

Total ▼

 United States ▼

All regions ▼

All time ▼



COVID19:

How to keep us well?

Strategies to keep us well

- Internal Focus
- External Focus

Internal Focus Strategy

1. Create Your Normalcy
2. Create Discipline
3. Engage in Togetherness

Create Your Normalcy

- Establish regular daily routine:
 - Same wake up, bed time
 - Exercise regularly
 - Hobbies, DIY project
- Regular rituals:
 - family dinner, pray together
 - Online gathering

What's my DIY project?



Internal Focus Strategy

- Discipline/Boundary
 - Daily gratitude
 - Physical exercises, greet 1 person/daily
 - Lower personal expectation: it is okay

Togetherhness

- Outing, hiking, biking etc.
- DIY: home improvement projects
- Domestic trips, Virtual trips
- COVID19 -- Fruit for thoughts
 - Social isolation, loneliness = “I”llness
 - Replacing “I” with “We”
 - Togetherhness = “We”llness

Live/Virtual Museum Tours

- Live performances

- LA Theater: now providing live streaming of shows: <https://latw.org/>

- Virtual Museum :

- https://www.travelandleisure.com/attractions/museums-galleries/museums-with-virtual-tours?fbclid=IwAR0_aE4RoHjKjSBWSTeXArNybl4-PlgB8CVAsANa8i8oTaCxF9l5OsnuldM
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External Focus

Volunteering

- Senior Caller: online greetings for elderly
- Animal shelter

Donations:

- Mask, PPE, money, food,
- Hospitals/health centers
- National and local charities that provide housing, financial assistance, or food..
- Habit for Humanity

Minority: Build Resilience

- Acknowledge feelings
 - stressed, angry, outraged, frustrated b/c of systemic problems.
- People of minority
 - Limit exposure to news media/video of people being assaulted, harassed, or killed by law enforcement/other groups.
 - Videos -- trauma/trigger negative emotions
- Participate in culturally affirming activities
 - Continue to share experiences even if in-person gatherings are not possible.
 - stay connected to your community.

Q & A

...

wellness



Zero

illness

