



# Managing Stress During COVID-19 Going Out, Staying In, and Staying Sane

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July 15, 2020

Friendship Heights Village Center - Online



## Agreements

- Tell success stories
- Ask questions and raise concerns
- Support one another by listening and sharing time

## Introductions

- Share your name and what drew you here



## Making wise decisions when going out

- CDC - <https://www.cdc.gov/coronavirus/2019-ncov/prevent-getting-sick/index.html>
- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/going-out.html>
- State of Maryland - <https://governor.maryland.gov/recovery/>
- Montgomery County - <https://www.montgomerycountymd.gov/covid19/reopening/>
- DC - <https://coronavirus.dc.gov/phasetwo>

# Healthy coping while staying in

- Have a schedule
- Set reachable goals
- Make pleasurable experiences
- Limit media intake
- Listen to experts
- Connect regularly with friends and loved ones
- Seek ways to support others and work together
- Practice a hobby
- Breathe and connect to the moment
- Go outside
- Laugh!

What coping strategy do I employ well?  
Is there another one I can identify?



# Building resilience

- Physical activity, healthy diet, sleep
  - Social support
  - Coping style
  - Sense of purpose
  - Religion and spirituality
  - Control, commitment, challenge
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- How have I overcome hardships? How did my parents?



# Keeping perspective



- It is natural to feel stress, anxiety, grief, and worry during a crisis. Everyone reacts to a crisis differently. Strong feelings and emotions will change over time
- Don't dwell on worst-case scenarios
- For centuries people have survived hardships. Most people bounce back and adapt to changes
- If worry, irritability, or depression persist, seek help from a physician or licensed mental health professional

## Reflection and wrap-up

- What learning or new understanding took place today?
- Is there a next step you would like to take based upon today's conversation?
- Do you have suggestions for future talks?



# Thank you!

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