



# **COVID-19 One Year Later: Staying Resilient Through the Pandemic**

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Friendship Heights Village Center - Online



## Agreements

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

## Introductions

- Share your name and what drew you here

# Staying healthy

- Get regular medical care
- Avoid excessive alcohol, tobacco, substance use
- Stay active
- Eat healthy
- If worry, irritability, or depression persist, seek help





Staying COVID- healthy

- Get vaccinated
- Continue staying COVID-safe
- Watch for symptoms
- Listen to experts

# Build Resilience

- Remember how we got through hard times
- Change is a challenge
- Have daily goals, and future goals
- Learn new skills and information
- Practice spirituality and religion





# Mindful self-compassion

- This is a moment of suffering
- Suffering is a part of life
- May I be kind to myself in this moment

# Being good to ourselves

- Keep a daily routine
- Limit time attending to media
- Laugh!
- Spend time on an enjoyable hobby
- Take virtual trips





Being  
kind to  
others





## Reflection and wrap-up

- What did I learn?
- What is my next step?
- Suggestions for future conversations



# Thank you!

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