

PRESSURE, PRAISE, AND THE PANDEMIC

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Phillippians 4:4-9



Ice Breaker

- What really made you laugh recently?
- What was your favorite band 10 years ago?
- What's your favorite scent or a scent that makes you feel at peace?
- What is something new you learned about yourself or a household member by working at home?
- Did you have any imaginary friends when you were young? Name?

Philippians 4:8



Introduction

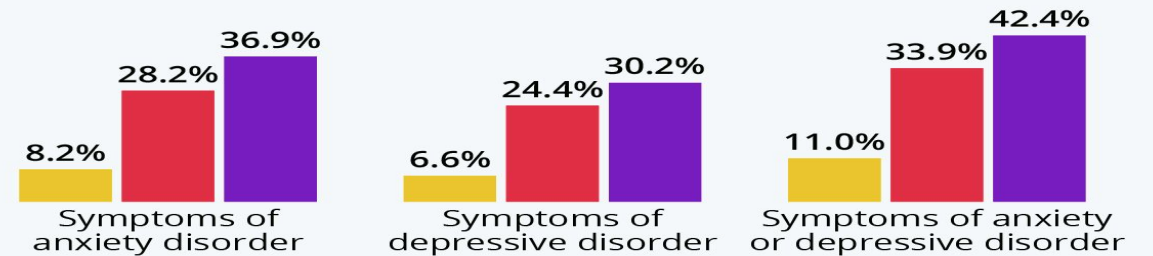
- Black Mental Health in America: Redefining Resilience
- Define mental health?
 - Sadness Vs Depression
 - Stress vs Anxiety
 - Common diagnosis
 - Severe and persistent mental illness
- Define the COVID-19 Pandemic
- Myths and Stigma vs Facts

Phillippians 4:7

Pandemic Causes Spike in Anxiety & Depression

% of U.S. adults showing symptoms of anxiety and/or depressive disorder*

■ January-June 2019 ■ May 14-19, 2020 ■ December 9-21, 2020



* Based on self-reported frequency of anxiety and depression symptoms. They are derived from responses to the first two questions of the eight-item Patient Health Questionnaire (PHQ-2) and the seven-item Generalized Anxiety Disorder (GAD-2) scale.

Sources: CDC, NCHS, U.S. Census Bureau



statista

Social Isolation vs Intimacy

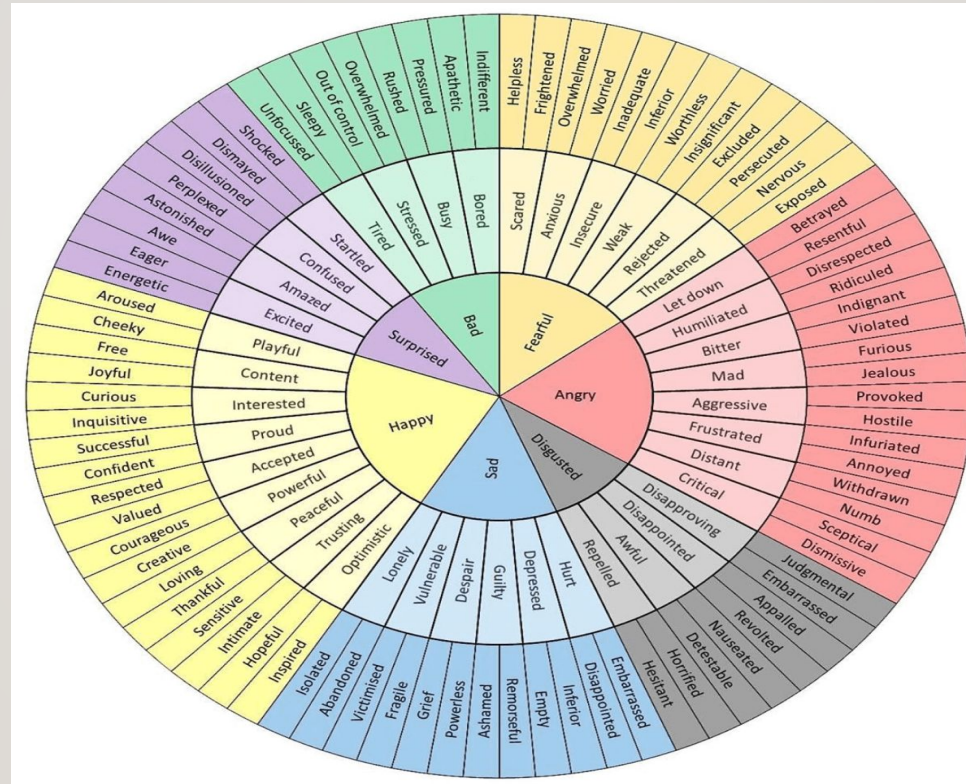
Emotional Safety

Part 1 The Magic Ingredient in Personal Growth and Change: Emotional Safety



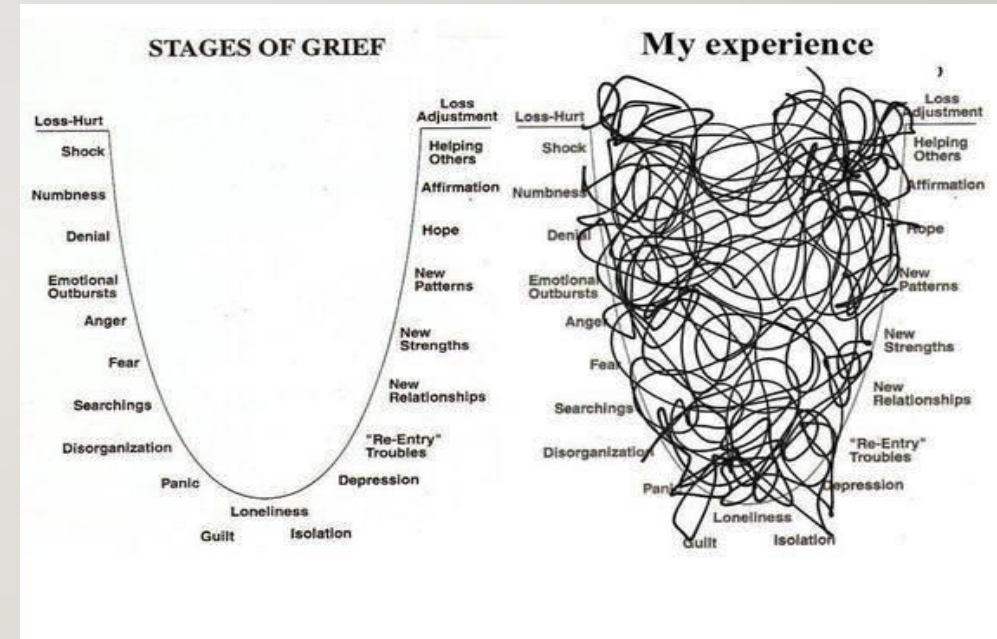
- Define emotional safety and emotional vulnerability
- How does one impact the other?
- What does this look like in relationships?
- Emotional Wheel and defining emotions for communication

Emotional Wheel



Check In With Yourself

Until We Meet Again



Free grief and loss support at local hospice and palliative care organizations
Ecclesiastes 3:1

Pandemic Advantages and Disadvantages

- Spiritual
- Physical
- Emotional
- Financial



Jeremiah 29:11



YouVersion

Actionable Steps

- Meditation
- Affirmations/Mantra
- Music
- Community Engagement
- YouVersion
- Talking to PCP
- Therapy
- Community Resources
- National Suicide Prevention Lifeline 1-800-273-8255

Phillippians 4:9



Resource Page

Statistics

- <https://www.statista.com/chart/21878/impact-of-coronavirus-pandemic-on-mental-health/>
- <https://www.cdc.gov/mmwr/volumes/69/wr/mm6932a1.htm>
- <https://www.cdc.gov/nchs/covid19/pulse/mental-health.htm>

Videos

- <https://youtu.be/oHYpxsIMxu8>
- <https://youtu.be/qEBH0y7PzDI>
- <https://www.youtube.com/watch?v=xVWB7a2qIQvM>

Graphics

- <https://fairygodboss.com/career-topics/emotion-whhttps://fairygodboss.com/career-topics/emotion-wheel>

Follow Up Resources

- <https://www.psychologytoday.com/us>
- <https://www.samhsa.gov/>
- <https://suicidepreventionlifeline.org/>