

# 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?

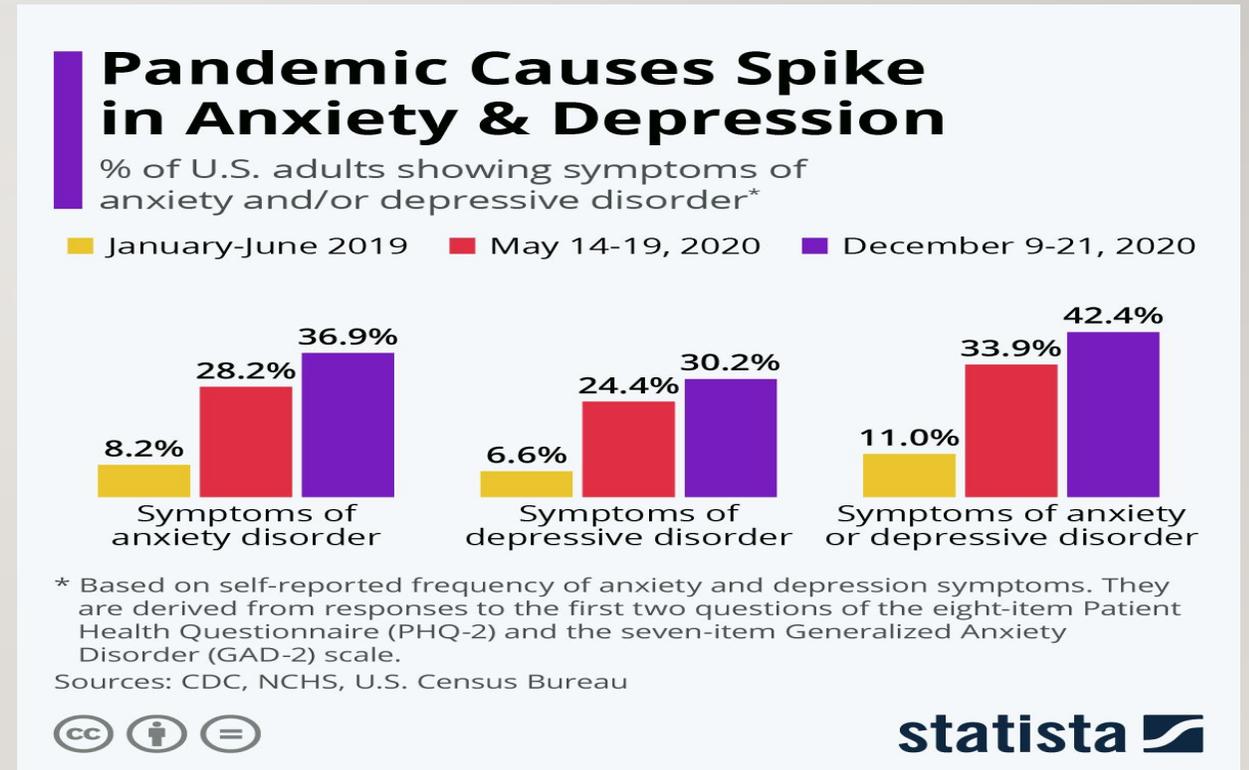
**Philippians 4:8**



# 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**



# Social Isolation vs Intimacy

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## Emotional Safety

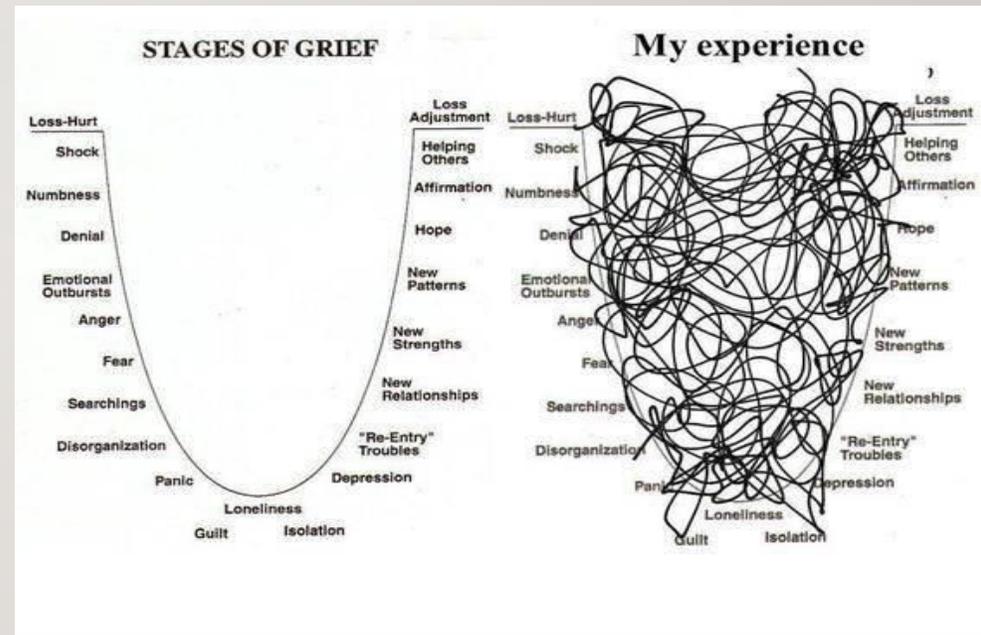
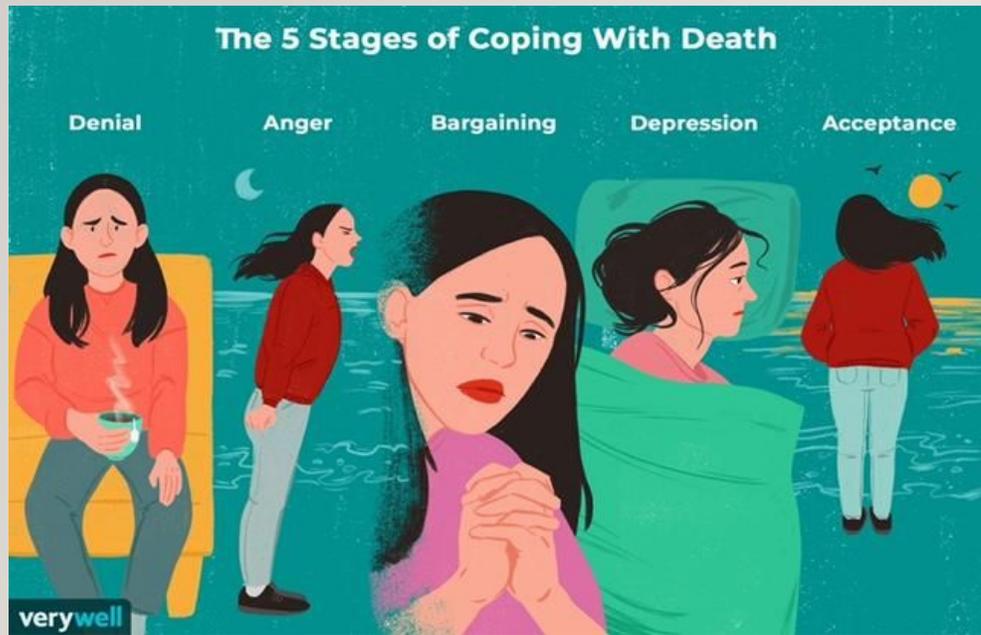
### Part 1 The Magic Ingredient in Personal Growth and Change: Emotional Safety



- 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



# Until We Meet Again



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

# Pandemic Advantages and Disadvantages

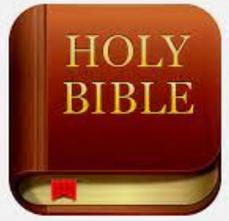
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- Spiritual
- Physical
- Emotional
- Financial



**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

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## 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=xWb7a2qIQvM>

## Graphics

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

## Follow Up Resources

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