

Managing Anxiety & Stress During COVID-19

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COVID-19 & mental health

- Implications are vast and unpredictable
- Human beings are resilient – we adapt!

COVID-19 & Stress in America™

- **Average stress** is higher now than our 2019 survey
- **Parents** rate higher overall stress than adults without children in the home
- **Government response** significant source of stress
- **Economy** as a stressor increased by half
- **Work** stress continues to be a stressor

For more information apa.org/news/press/releases/stress

Higher Risk Groups for Adverse Psychological Outcomes

- Front line clinicians
- Other essential workers
- Older adults + younger adults
- Lower resourced groups
- Bereaved
- Hospitalized and recovered from COVID-19



Keep your foundation strong - develop all areas of well-being!

Nutrition



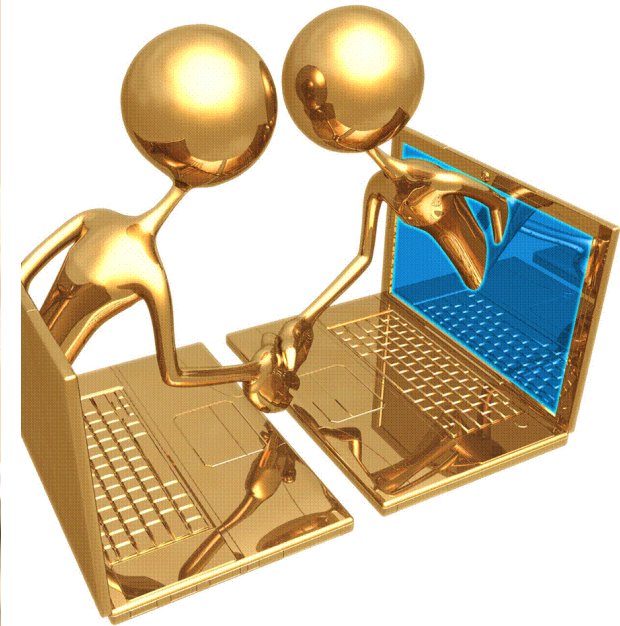
Physical Activity



Sleep



Social Connection



Self-care

- News and social media
- Telework
- Strategies for the moment
 - Calm
 - Focus
 - Relax
 - Ground
 - Celebrate

Resources

- Organizational and public support
- Support groups & 'warm' lines
- Brief interventions
- Teletherapy

For more information
www.apa.org/topics/covid-19



Stay Engaged

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