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