

# Coping With Stress

Shilpa Patil. MPH, B.D.S, LL.B

Sadaf Meckfessel. MS, LPC-S, CCD Counselling, P.A.



# Questions

1. How has COVID-19 impacted your mental health?
2. How did you realize your mental health was being affected? Was there a defining moment or did it happen over time?
3. What coping techniques, methods of recharging, and/or resources did you find helpful in dealing with the added stressors the COVID-19 pandemic has caused you?
4. Reflecting on your personal experience, is there a message of hope you'd like to share with your fellow community members?

# Black Swan Event?

*2019 Novel Coronavirus (COVID-19)*



## Exposed Chinks in the Armor

*Fragility of Global Systems*

*Patchwork of Policies at National Level*

*Years of Consolidation has led to less capacity for Surge*

- ✗ Outlier
- ✓ Extreme Impact
- ✓ Explainable & Predictable, post occurrence

## Key Take-aways?

*Global -Need for Agility in Response. “Elasticity Plans”*

*Individual – Understand the situation and Adapt your expectation*

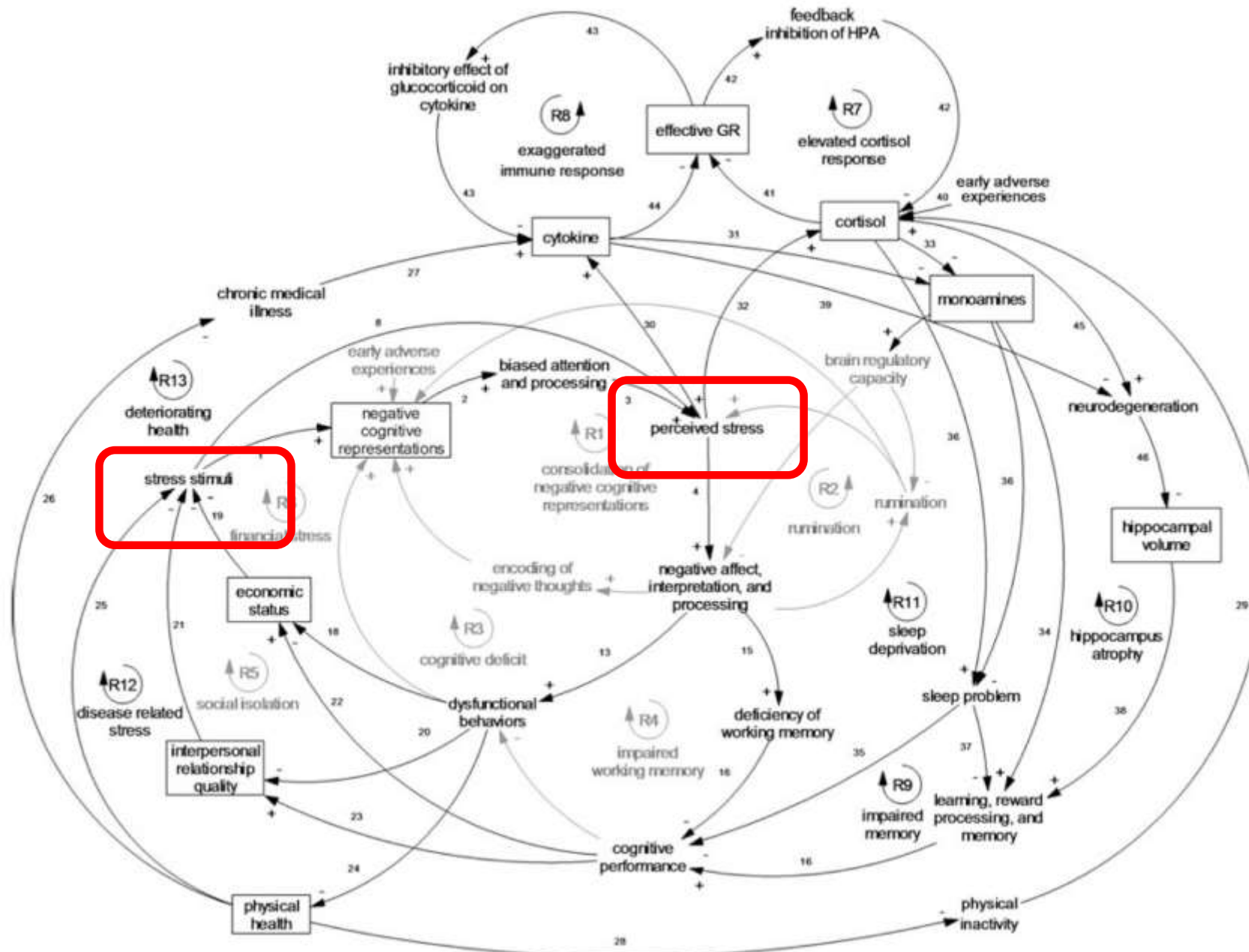


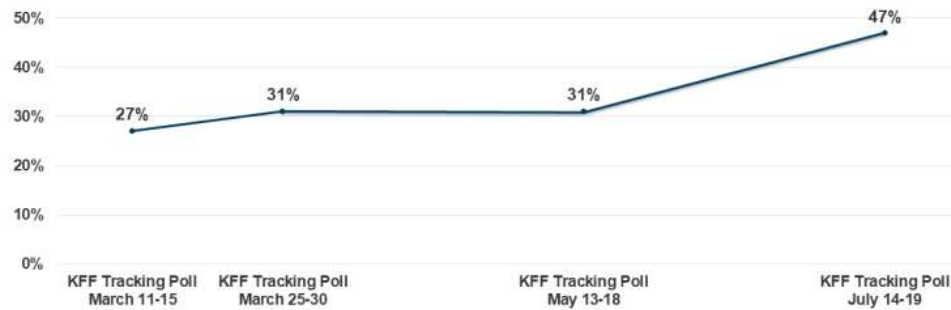
Figure 1: Causal loop diagram of cognitive, social, environmental, and biological dimensions.



# Capacity Surge

Figure 4

Percent of Older Adults (Ages 65 and Up) Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health

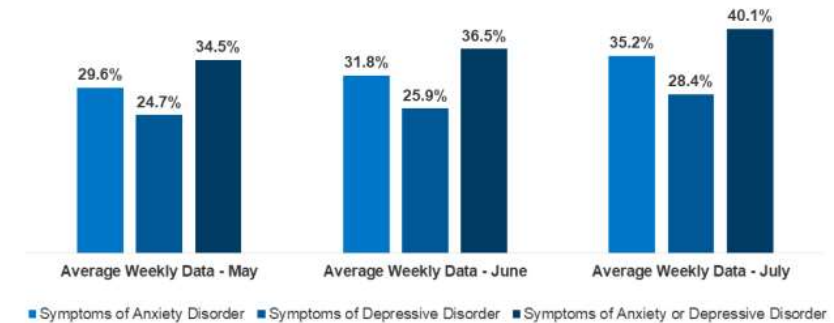


SOURCE: KFF Tracking Poll (conducted March 11-15, March 25-30, May 13-18, and July 14-19, 2020)



Figure 1

Average Share of Adults Reporting Symptoms of Anxiety or Depressive Disorder During the COVID-19 Pandemic, May-July 2020



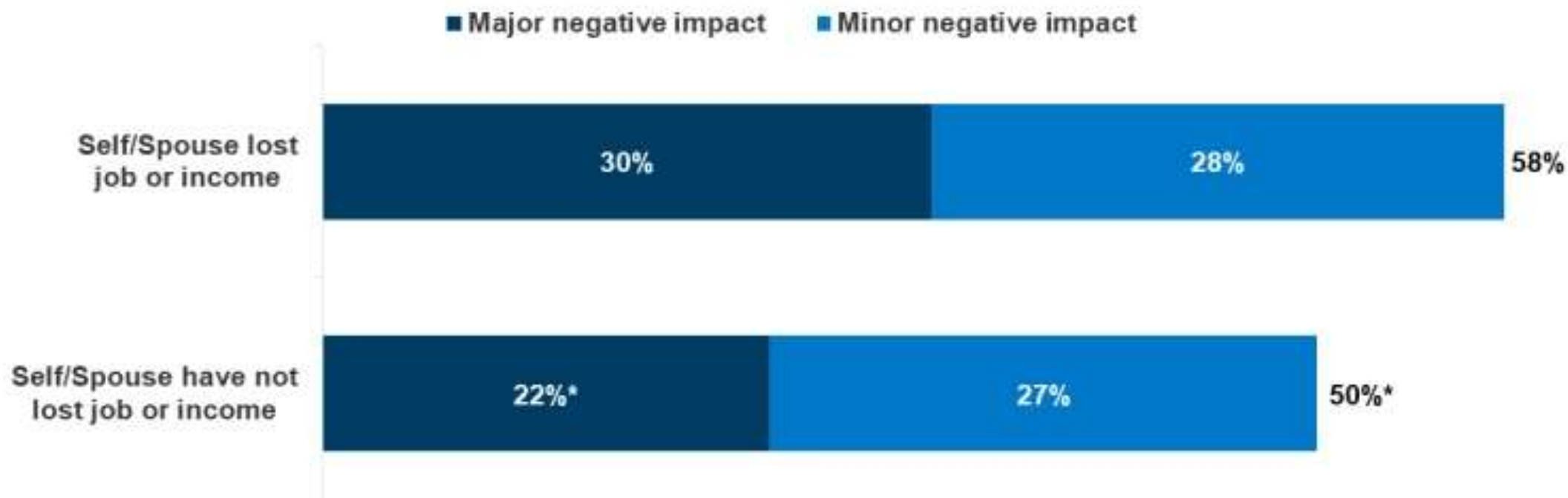
NOTES: These adults, ages 18+, have symptoms of anxiety or depressive disorder that generally occur more than half the days or nearly every day. Data presented for "symptoms of anxiety or depressive disorder" also includes adults with symptoms of both anxiety and depressive disorder. Data presented for May is the average of the following weeks of data: May 7-12, May 14-19, May 21-26, May 28-June 2; for June, data is the average of June 4-9, June 11-16, June 18-23, and June 25-30; for July, data is the average of July 2-7, July 9-14, and July 16-21 (last week of published data).

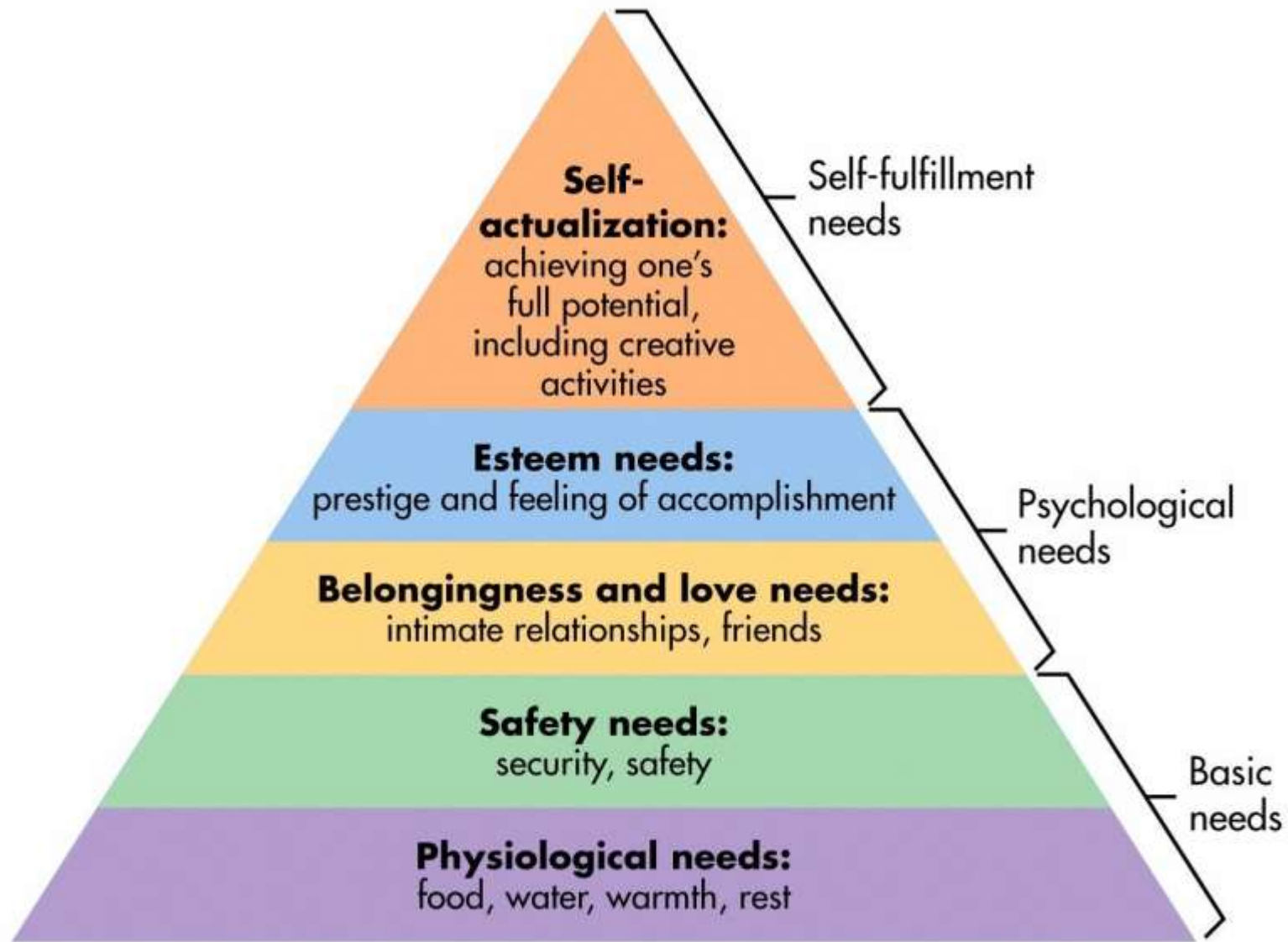
SOURCE: U.S. Census Bureau, Household Pulse Survey, 2020.



Figure 5

## Percent of Adults Who Say Worry or Stress Related to the Coronavirus Has Had a Negative Impact on Their Mental Health, Based on Job or Income Loss





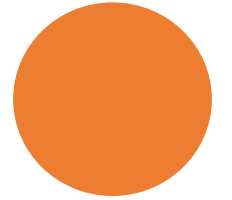
# Coping Mechanism

## What Is A Coping Mechanism?

- How Does It Work?
- Examples Of Coping Mechanism?

## Simple Yet Effective

1. Deep breathing exercise <sup>2,3,4</sup>
2. Listening to music, dance etc.
3. Spending time with family, reading etc.





# Coping Mechanism

**eudaimonic** components of well-being <sup>5</sup>

- Resilience
- Sense of Mastery of Life
- Sense of Coherence
- Optimism





dr.viswhwasrao@gmail.com  
smeckfessel@familytreeprogram.org

# References:

1. Inspired by a CLD in a literature review. Wittenborn AK, Rahmandad H, Rick J, Hosseinichimeh N. Depression as a systemic syndrome: mapping the feedback loops of major depressive disorder. *Psychol Med*. 2016 Feb;46(3):551-62. doi: 10.1017/S0033291715002044. Epub 2015 Dec 1. PMID: 26621339; PMCID: PMC4737091.
2. Galla BM, O'Reilly GA, Kitil MJ, Smalley SL, Black DS. Community-Based Mindfulness Program for Disease Prevention and Health Promotion: Targeting Stress Reduction. *Am J Health Promot*. 2015 Sep-Oct;30(1):36-41. doi: 10.4278/ajhp.131107-QUAN-567. Epub 2014 Aug 27. PMID: 25162319.
3. [http://projects.hsl.wisc.edu/SERVICE/modules/12/M12\\_CT\\_The\\_Power\\_of\\_Breath\\_Diaphragmatic\\_Breathing.pdf](http://projects.hsl.wisc.edu/SERVICE/modules/12/M12_CT_The_Power_of_Breath_Diaphragmatic_Breathing.pdf)
4. <https://www.sciencedirect.com/science/article/abs/pii/S0167876018303258>
5. Wahlbeck K. Public mental health: the time is ripe for translation of evidence into practice. *World Psychiatry*. 2015 Feb;14(1):36-42. doi: 10.1002/wps.20178. PMID: 25655149; PMCID: PMC4329888