



# **Post COVID Mental Health**

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# Land Acknowledgment

- **Long Beach City College acknowledges our presence in the traditional ancestral land of the Gabrielino/Tongva peoples. This land remains unceded territory. We acknowledge the painful history of genocide and forced removal from this territory. Long Beach City College honors and respects the Gabrielino/Tongva ancestors and their connection to this land.**

# Stress in America Survey (APA, 2020)

78% say the pandemic is a significant source of stress

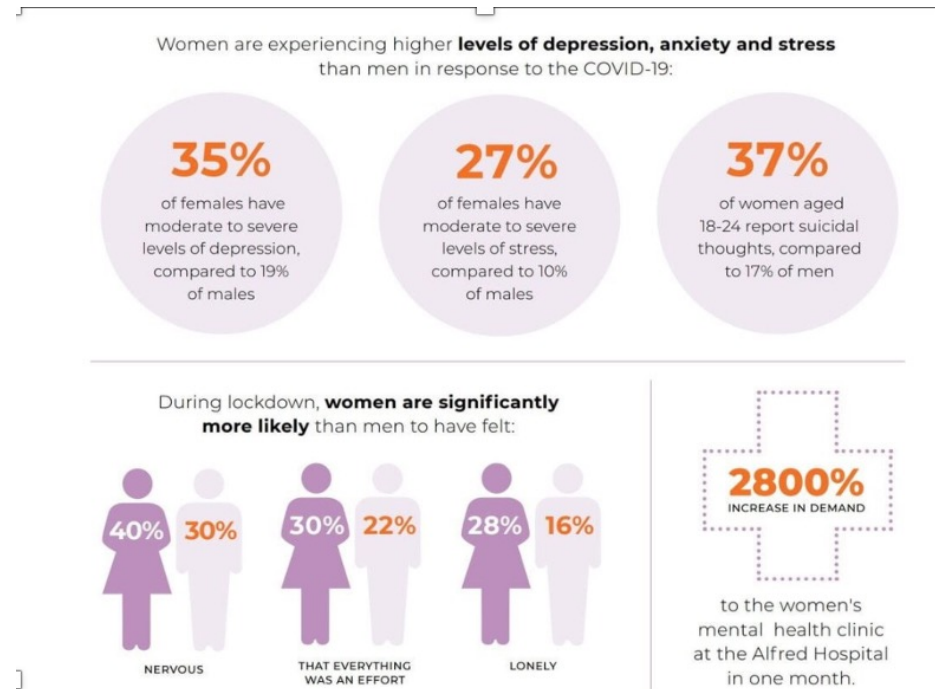
70% say family responsibilities are significant stressor; 63% report the pandemic made the 2019-20 school year extremely stressful

59% of adults say police violence toward minorities is a major stressor; significantly higher than in 2016 (36%)

33% say discrimination is a significant stressor (up from 25% in 2019); among people of color 44% say this (up from 38%)

# What are your Stressors?

Balancing multiple roles  
Keeping family safe and healthy  
Child and/or elder care  
Work/Career Concerns  
Financial

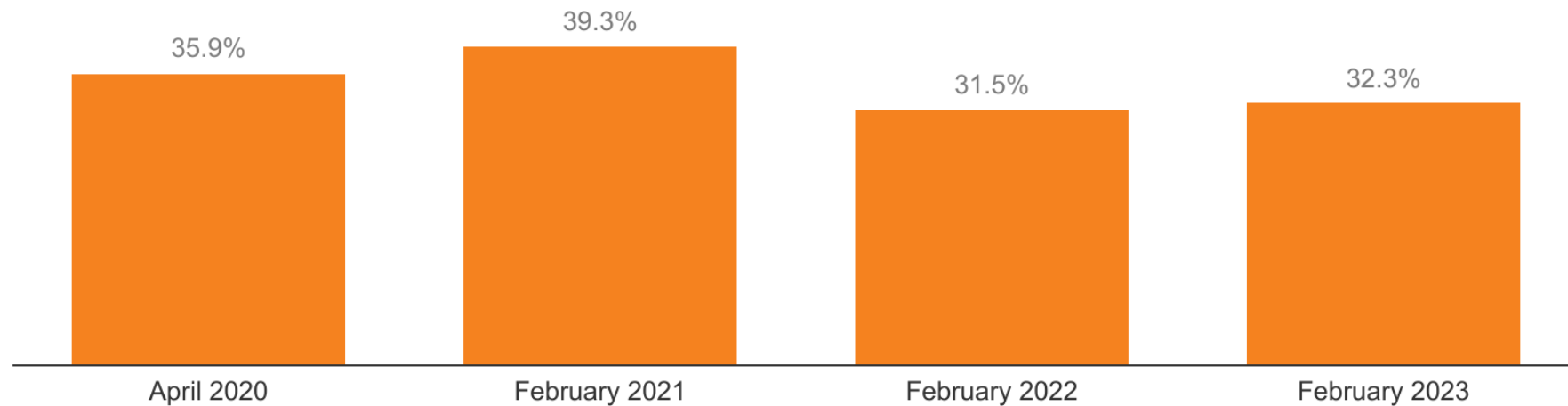


\*Chart from

<https://www.baylor.edu/communityconnection/news.php?action=story&story=222809>

Figure 1

## The Share of Adults Reporting Symptoms of Anxiety and/or Depressive Disorder During, the COVID-19 Pandemic



NOTE: April 2020 is the earliest data available. Adults having symptoms of depressive or anxiety disorder were determined based on having a score of 3 or more on the Patient Health Questionnaire (PHQ-2) and/or Generalized Anxiety Disorder (GAD-2) scale. The reference period for the GAD-2 and PHQ-2 questions changed from the "past 7 days" to the "past 2 weeks" beginning in August 2021; however, trends remained stable.

SOURCE: KFF analysis of U.S. Census Bureau, Household Pulse Survey, 2020-2023.

**KFF**

# What Is Burnout? (Maslach And Leiter, 2005)

- A syndrome conceptualized as resulting from chronic workplace stress that has not been successfully managed. It is characterized by three dimensions:
  - 1) feelings of energy depletion or exhaustion;
  - 2) increased mental distance from one's job, or feelings of negativism or cynicism related to one's job; and
  - 3) reduced professional efficacy.

# **Burnout Creation Vs. Prevention (Skovoholt & Trotter-Mathison, 2016)**

## **Burnout Creation**

- Work Overload
- Lack Of Control
- Insufficient Reward
- Breakdown Of Community
- Unfairness
- Significant Value Conflicts
- Lack Of Fit (Incongruence) Between Person And Job

## **Burnout Prevention**

- Sustainable Workload
- Feelings Of Choice And Control
- Recognition And Reward
- A Sense Of Community
- Fairness, Respect, And Justice
- Meaningful, Valued Work
- High Job-person Fit

# What Is Self-care? (Norcross & Barnett, 2008)

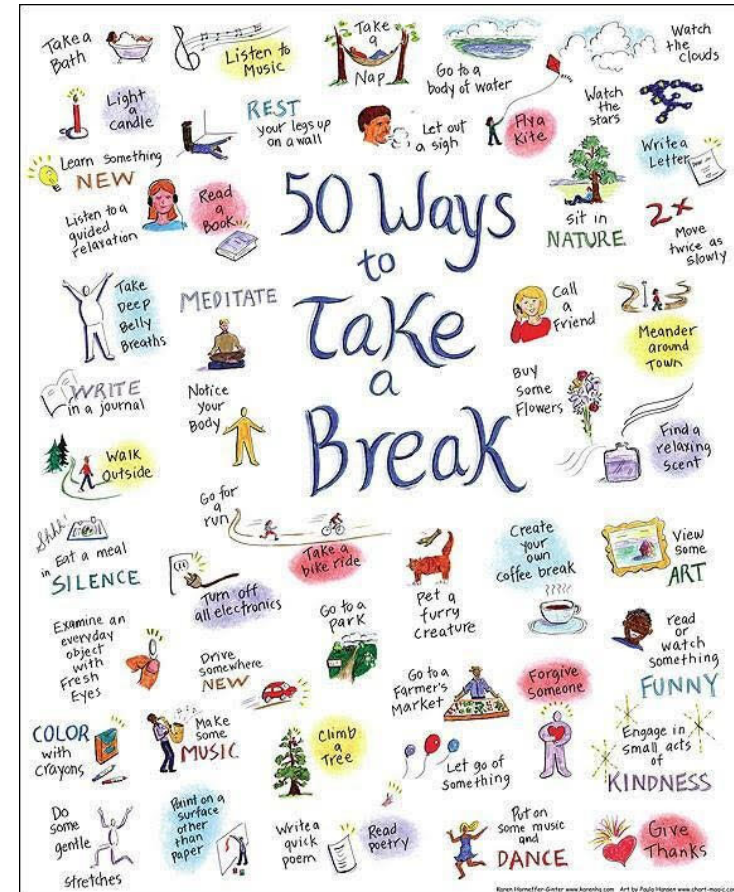
Self-initiated practice of taking an active role in protecting one's well-being and happiness

Tending to oneself, getting to know oneself

Being aware of and honoring one's own needs

Mindfully paying attention to and caring for oneself

Deliberately acting to promote one's physical, mental, emotional, psychological, and spiritual wellness





# 13 Strategies

1. Valuing the Person: Notice, value and respond to your own needs as generously as you attend to others' needs
2. Refocusing on the rewards
3. Recognizing the hazards
4. Mind the Body: Sleep, exercise, nutritious food and hydration, and mini-breaks/movement between sessions
- 5) Nurturing relationships: Rx outside work and with self
- 6) Setting boundaries
- 7) Restructuring cognitions: Self-monitoring
- 8) Sustaining healthy escapes: At and away from the office/home
- 9) Maintaining mindfulness
- 10) Creating a flourishing environment: Physical environment, business support
- 11) "Personal Therapy": Practice what you preach
- 12) Cultivating spirituality and mission:
  - Identify and resonate with your mission
  - Cultivate awe and wonder at the human spirit
  - Connect to spiritual sources of hope/optimism
  - Deepen meaning in your own life
- 13) Fostering creativity and growth

# Designing Your Own Path



Which of these strategies am I already doing well?



Which ones need strengthening?



Which ones need creating?



Which one piques my interest?

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# More Tips

- Remember you have CHOICES
  - Eliminate or decrease your involvement with people or activities that conjure anxiety (e.g., Overdosing on social media)
- Face Things: Start with baby steps
- “Take a breath”
  - Box breathing: Inhale for four seconds, hold your breath for four more seconds, exhale for four, hold your breath for four, repeat.
- Exert Some Control: Take (small) actions
  - Call your congressperson, attend a rally, make a small donation
- Routine: Establish daily routines (e.g., sleep for circadian rhythm)
- Get out: Isolation breeds anxiety
  - Exercise, go at your pace
- Flip the script! We are our own worse critics.
  - Put yourself in the shoes of someone that you have a lot of compassion for (e.g., child, friend, pet)

# Maya Angelou

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“You may not control all the events that happen to you. But you can decide not to be reduced by them.”



# Resources



<https://www.calhope.org/>



Call 988 or <https://988lifeline.org/current-events/the-lifeline-and-988/>

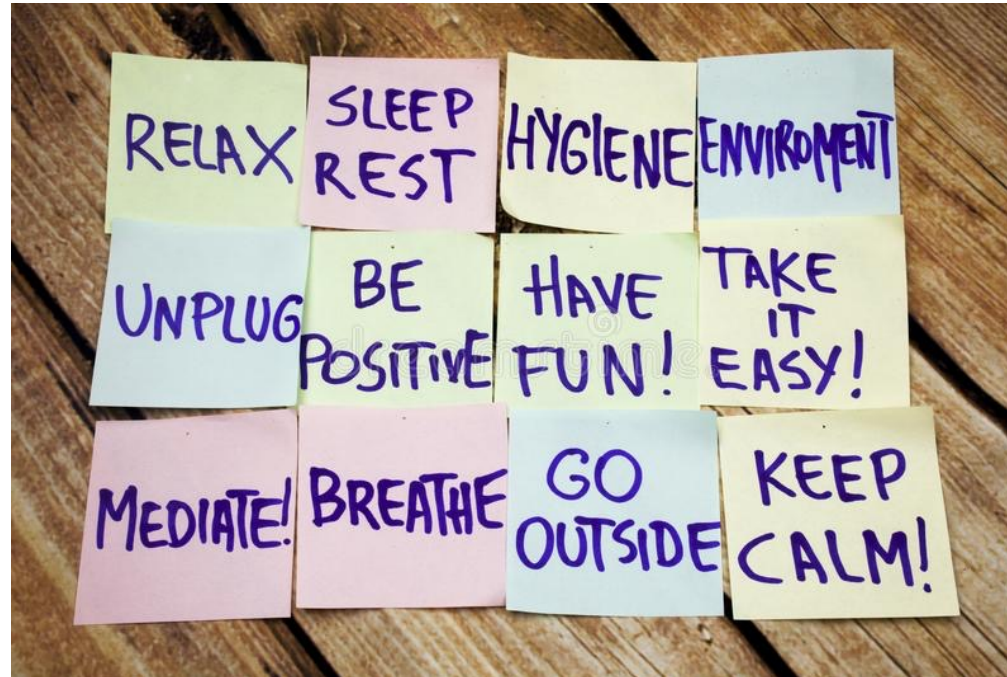


Text “HOME” to 741741



NAMI <https://www.namiglac.org/resources>

# Questions?



Thank you!

