

HUMAN RESILIENCE AND COVID-19: HOW A PANDEMIC AFFECTS OUR IDENTITY AND HUMAN RESILIENCE

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Lifestyle Health vs. Chronic Stress

Chronic Stress Environment	Brain and Body Health
Sedentary	Physically Active
Social Isolation-Alone	Social Integration- Belong
High Sugar-Bad Fats-Processed Foods	Plant Based- Mediterranean
Caloric Excess-3 meals and snacks	Caloric Restriction- Include Fasting
Psychosocial Stress	Sense of Control-Adaptive
Passive and Rote	Novel and Complex
Lack of Sunshine- Limited Outdoors	Sunshine and Daylight
Sleep Disruption	Sleep Regulation
Economic Vulnerability	Economic Stability
Financial Pain and Ruin	Financial Health
No Relationship to Prayer or God	Relationship to God and Prayer
Loneliness	Emotionally Connected
Failure to Thrive	Hope and Zest for Life

OUR PSYCHOLOGICAL
HEALTH IS IMPORTANT

Consequences of Loss of Control

Loss of:

- Routine
- Identity
- Role

COVID-19 Statistics

Prescription Drugs and COVID (2-16 to 3-15-20)

- 34.1% increase in Antianxiety Medications
- 18.6% increase in Antidepressant Medications
- 14.8% increase in Sleep Medications

COVID-19 Statistics

British Survey: Quarantine Quality time (4-21-20 2000 British Parents)

- 60% happier with their spouse or partner than ever before
- 25% more frequent intimacy
- 80% families have formed stronger bond since lockdown
- 50% getting together to play board games and make puzzles
- 28% have started gardening
- Screen time has been kept the same (only 25% kids more screen time)

COVID-19 Statistics

British Survey: Quarantine Quality time (4-21-20 2000 British Parents)

- 62% children are more community minded
- 50% kids run errands for friends and neighbors
- 75% children get groceries for people in community
- 53% children pick up scripts for older neighbors
- 50% surveyed reaching out to people in isolation
- People more thankful for small pleasures
- We may be a kinder community since COVID

COVID Impacting American Lives

Pew Survey 3-30-20

- 90% life has changed at least a little
- 44% life has changed in a major way (higher income and educated)
- 40% (18-64) work from home (majority among those with upper income and college degrees)
- 91% uncomfortable attending a crowded party
- 77% uncomfortable eating out in a restaurant
- 66% uncomfortable going to a polling place
- 42% uncomfortable going to a grocery store

COVID Impacting American Lives

Pew Survey 3-30-20 (cont.)

- 38% uncomfortable visiting with a close friend
- 55% prayed for end to the spread of virus
- 59% attend religious service in person less often
- 57% watched religious service on TV or online
- 15-24% who seldom pray or have no religion now pray

*American's Trend Panel Survey Methodology (Pew Research Center)

Psychological Distress and COVID-19 in the US

Pew Research 3-24-20

- Mental health hotlines report a substantial increase in call volume
- 16% do not feel hopeful over past week
- 73% feel nervous, anxious or on edge over past week
- 60% have problems with sleep over past week
- 48% felt depressed over past week
- 42% felt lonely over past week
- 20% of adults report a physical reaction when thinking of virus

Psychological Distress and COVID-19 in the US

Pew Research 3-24-20 (cont.)

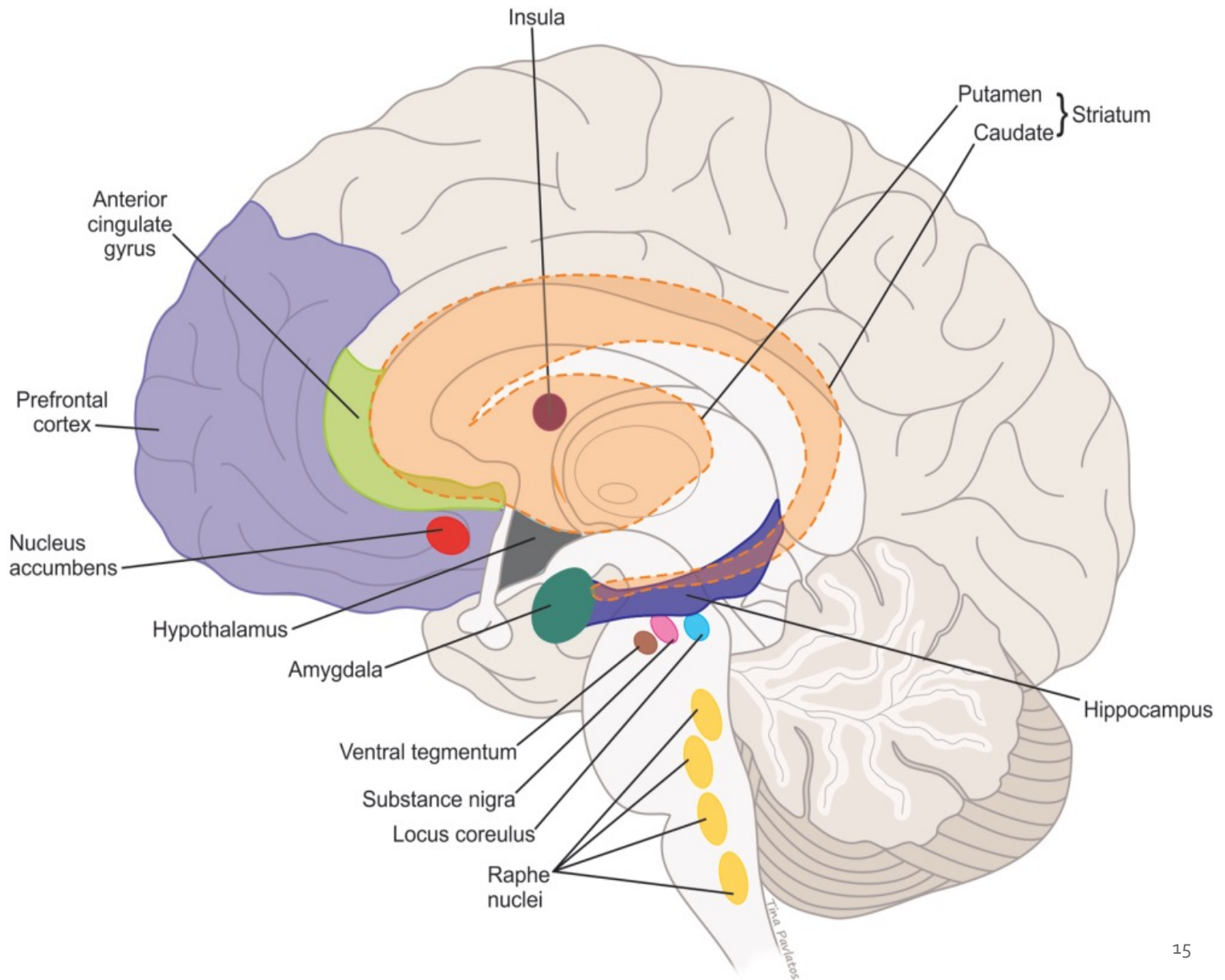
- 18% report anxiety now relative to 9% in 2018
- Women, Young people (18-29) and those with job loss highest distress
- Perceived threat from virus-physical or financial-leads to high distress
- Childcare at home (< 12 years old) difficult leads to high distress

*American's Trend Panel Survey Methodology (Pew Research Center)

Anxiety or Depressive Disorder Symptoms Among Adults During the COVID-19 Pandemic — United States, August 2020–February 2021

- Large disease outcomes have been associated with mental health problems
- Percentage of adults with recent symptoms of an anxiety or a depressive disorder increased from 36.4% to 41.5%
- Percentage of adults reporting unmet mental health care need increased from 9.2% to 11.7%
- Increases largest among adults aged 18-29 years, < a high school education
- Observed trends can be used to evaluate the impact of strategies and care during the pandemic and guide interventions for disproportionately affected groups.

REGAINING CONTROL USING THE MIRACLE OF YOUR BRAIN





Dr. Nussbaum's Brain Health Lifestyle®

Neuro-Spiritual Healing

- Love
- Faith
- Hope
- Kindness
- Compassion
- Forgiveness
- Empathy

Other Questions

- How Do I Behave
 - How Do I Relate
 - I Miss Your Smile
- Foundations of Human Health
 - Hope Conquers Fear
 - Today is All You Have
 - Resume vs. Legacy
 - Non Earth Bound

We Will Be Better Than OK!



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