Mentally Readjusting to Covid-19

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Benefits of Gratitude

• Enhances resiliency

• Increases happiness, reduces depression

• Enhances empathy, reduces aggression

• Improves sleep
Acquiring Information
Predictability

• It is often nice to know when something stressful is going to occur
• It is nice to know when something stressful is going to end
uncertainty
Exerting Control

- Hygiene
- Physical Distancing
- Patience
- Structured Routines
Focus on being…….

Deliberate

adjective
dəˈlib(ə)rət/

done consciously and intentionally.
Social Support
Social Support

• Social support makes stressors less stressful

Key issues:
- Accessible
- Relationship feels safe
- Encourages sharing of experiences
- Opportunity to give social support
Acceptance

• The willingness to accept things as they are
• Moving forward to apply your energy elsewhere
• Acceptance is not necessarily agreeing to the conditions you are accepting
• Acceptance allows you to use your energy wisely
Sometimes I like to be left alone. Not because I'm angry, not because I'm sad, simply because I need solitude.

Brigitte Nicole

Lessons Learned In Life
Helping Others - Benefits

• Positive impact on your health
• “Helpers high”
• Reduces the sense of isolation
• Increases sense of control
• Extend kindness to yourself
Contact Information:

• For help with personal/family/work issues faculty and staff may call: 255-COPE [255-2673]

• FSAP is located at:
  312 College Avenue
  1st Floor – Suite A