

"The goal isn't to get rid of all your negative thoughts and feelings. The goal is to change your response to them."

- Dr. Sasha Heinz



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COPING THROUGH A PANDEMIC

 Varies

 Varies

 Varies

Fold me

Fold me

Coping

The COVID-19 pandemic with its uncertainty and length of time has taken a toll on our mental health. Mental health denotes emotional, psychological, and social well-being. Positive mental health and positive psychology have an important role to play during this time and any time we are coping with a major life event, trauma, stresses and anxieties of life.

Happiness strategies revolve around (1) living in the present, (2) managing stress and (3) investing in social connections. Similar strategies of positive psychology such as broadening your thinking, raising your positivity-ratio, and disputing negative thinking and fear also assist in maintaining well-being.

Dr. Sonja Lyubomirsky found in her book, “The How of Happiness” that the role of religion and prayer in reducing stress cannot be overemphasized such that studies have proven that prayer plays a significant role. The definition of prayer included mindfulness practices like meditation and other mind-body techniques.

*Kanekar & Sharma (2020)

Try this!

Social Support – most effective coping strategy, people were happier, less anxious, less depressed who had a strong social support network they could turn to. Take some time to reach out to friends to connect and say hi. Send a virtual hug or eCard.

Finding Meaning – a traumatic event can shake your assumptions of “why me”. Take time to rethink your assumptions and beliefs. Be open to change, confront new activities and seek new areas of growth.

Keep a Journal – write about your most painful or distressing experiences, describe your deepest thoughts and feelings. Studies showed that those who wrote in a journal 15 minutes a day experienced 1) fewer visits to the doctor 2) enhanced immune functions 3) less depression and distress 4) obtained higher grades and 5) more likely to find jobs after unemployment