Coping with Unprecedented Changes

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Should I be concerned?

Put Your Mask on First
Physical > Mental > Emotional

- Routine
- Sleep Hygiene
- Daily physical activity
- Balanced Meals
- Self-Care
Coping with Day-to-Day Changes

- Relaxing standards
- Lists
- Setting up one-on-one time and alone time
- Communication!
- Increasing connectedness
- Discovering Substitutes
Coping with Uncertainty: Problem Solving versus Acceptance

When faced with a problem, we might often turn to solutions-focused thinking to resolve distress.

The current public health concerns do not have an immediate solution.

When faced with uncertainty, rationalization may not work.

Instead, focus on acceptance of distressing thoughts and feelings.
Coping During the Corona Crisis

- Acceptance
- Reframing
- Gratitude
- Humor
- Coping Skills
EAP Support

- Zoom or Telephone sessions
- In person when campus reopens
- Extension 7210