

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

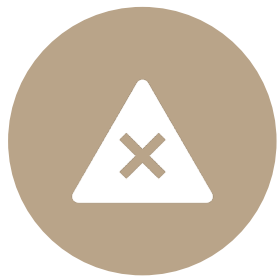
Coping with Uncertainty: Problem Solving versus Acceptance



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



EAP Support

Zoom or Telephone
sessions

In person when
campus reopens

Extension 7210