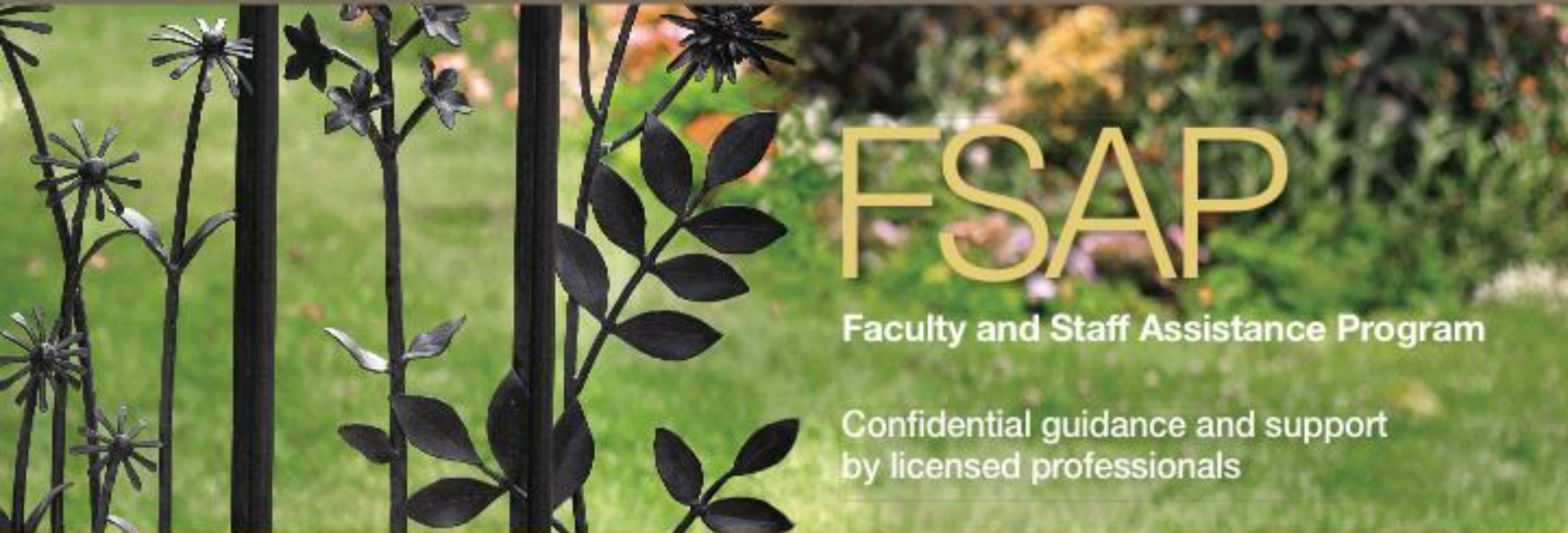


Mentally Readjusting to Covid-19



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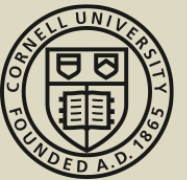


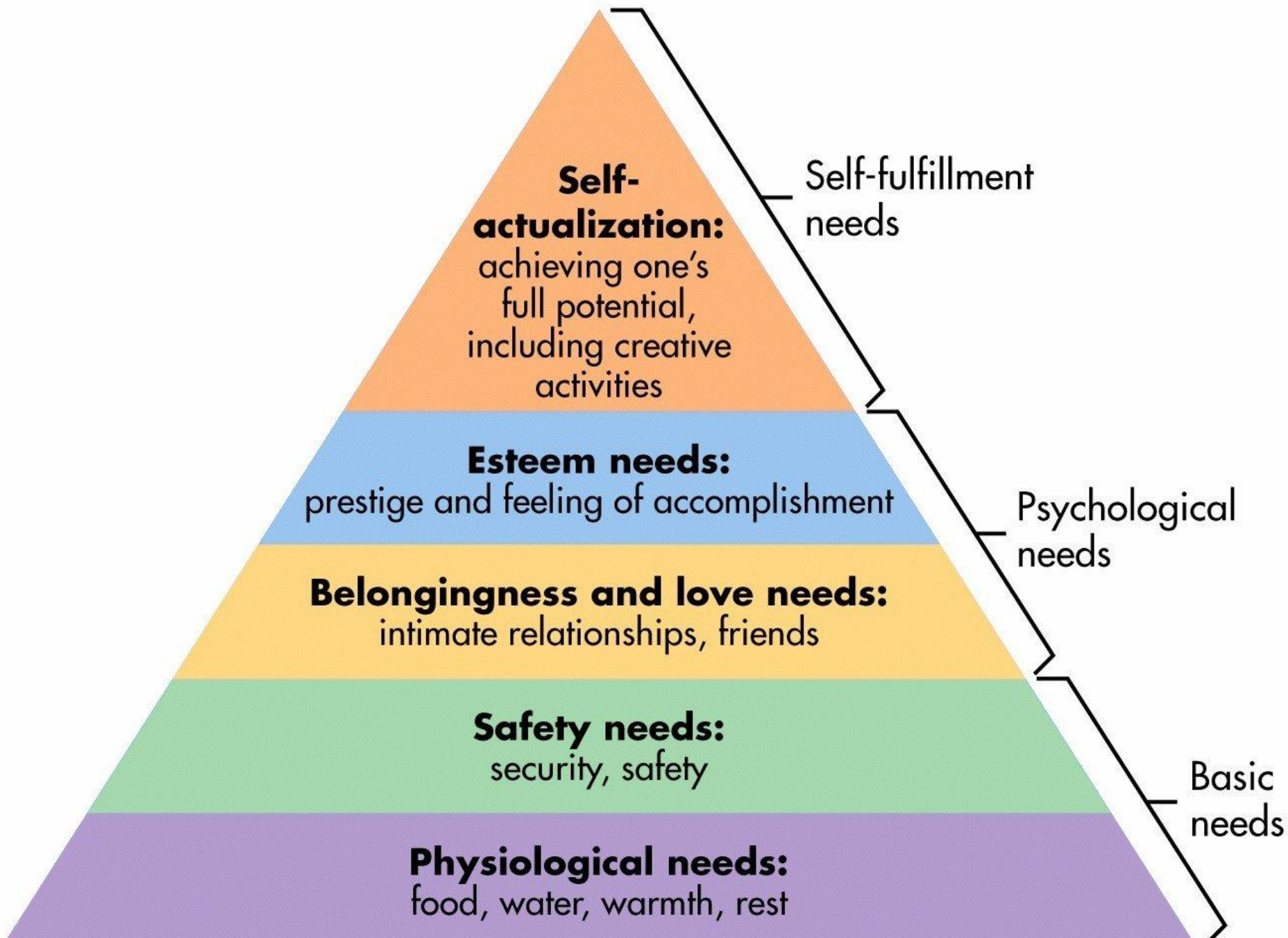
Gabriel Tornusciolo, Psy.D.
Assistant Director, FSAP



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Benefits of Gratitude

- Enhances resiliency
- Increases happiness, reduces depression
- Enhances empathy, reduces aggression
- Improves sleep

Acquiring Information



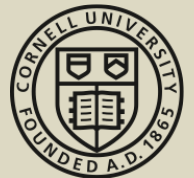
Predictability

- 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





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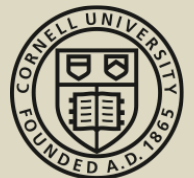
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Exerting Control

- Hygiene
- Physical Distancing
- Patience
- Structured Routines



Focus on being.....

Deliberate

adjective

də'lib(ə)rət/

done consciously and
intentionally.



Social Support



Social Support

- Social support makes stressors less stressful

Key issues:

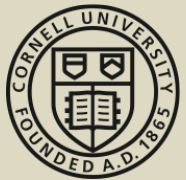
- Accessible
- Relationship feels safe
- Encourages sharing of experiences
- Opportunity to give social support



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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



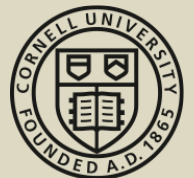
Sometimes I like to be left alone. Not because I'm angry, not because I'm sad, simply because I need solitude.

Erinna Nicole

Lessons Learned In Life

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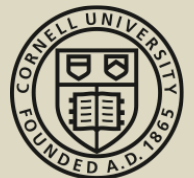
Helping Others - Benefits

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



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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

