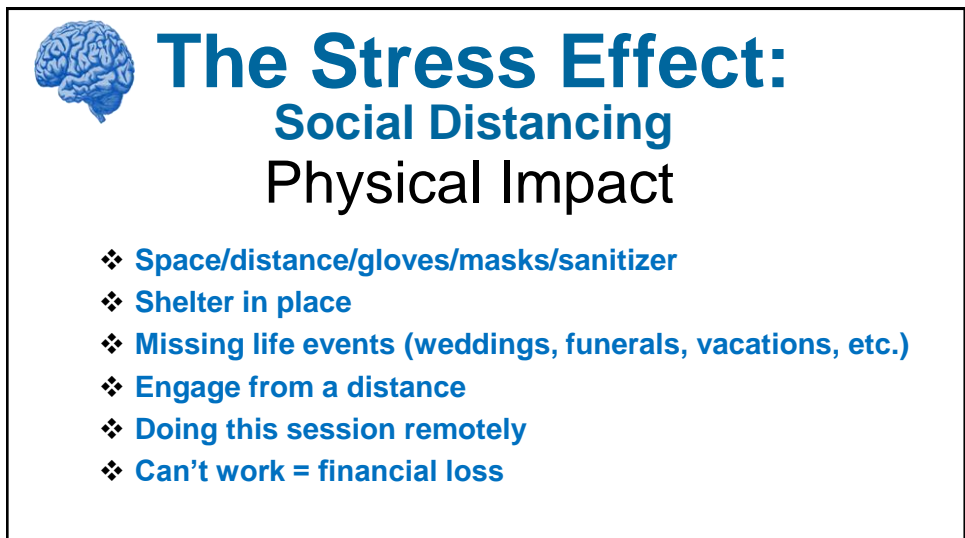


# The Stress Effect: Social Distancing

Maintain physical distance (6 ft)      Wash hands & use hand sanitizer  
Cover cough & sneeze with tissue      Don't touch eyes, nose or mouth  
Clean & disinfect frequently-touched surfaces      Stay calm & Be nice

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# The Stress Effect: Social Distancing Physical Impact

- ❖ Space/distance/gloves/masks/sanitizer
- ❖ Shelter in place
- ❖ Missing life events (weddings, funerals, vacations, etc.)
- ❖ Engage from a distance
- ❖ Doing this session remotely
- ❖ Can't work = financial loss

Maintain physical distance (6 ft)      Wash hands & use hand sanitizer  
Cover cough & sneeze with tissue      Don't touch eyes, nose or mouth  
Clean & disinfect frequently-touched surfaces      Stay calm & Be nice



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# The Stress Effect: Social Distancing Emotional Impact

- ❖ Fear & Anxiety
- ❖ Anger & Frustration
- ❖ Loneliness
- ❖ Sadness
- ❖ Depression & Boredom
- ❖ Stigmatization
- ❖ Guilt
- ❖ Isolation

Maintain physical distance (6 ft)	Wash hands & use hand sanitizer
Cover cough & sneeze with tissue	Don't touch eyes, nose or mouth
Clean & disinfect frequently-touched surfaces	Stay calm & Be nice

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# The Stress Effect: Social Distancing Managing Stress

- ❖ Limit news consumption (use trusted sources such as the CDC)
- ❖ Follow a daily routine
- ❖ Stay virtually connected
- ❖ Healthy lifestyle (nutrition, exercise)
- ❖ Use a virtual support group
- ❖ Stimulate your brain
- ❖ Focus on maintaining a positive attitude
- ❖ Use the resources on the TSE website
- ❖ Stop. Breathe. Think. Act.
- ❖ Use the ARSENAL

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