

On behalf of Zion Baptist Church's Health Ministry:

COVID-19

PSYCHOLOGICAL IMPACT

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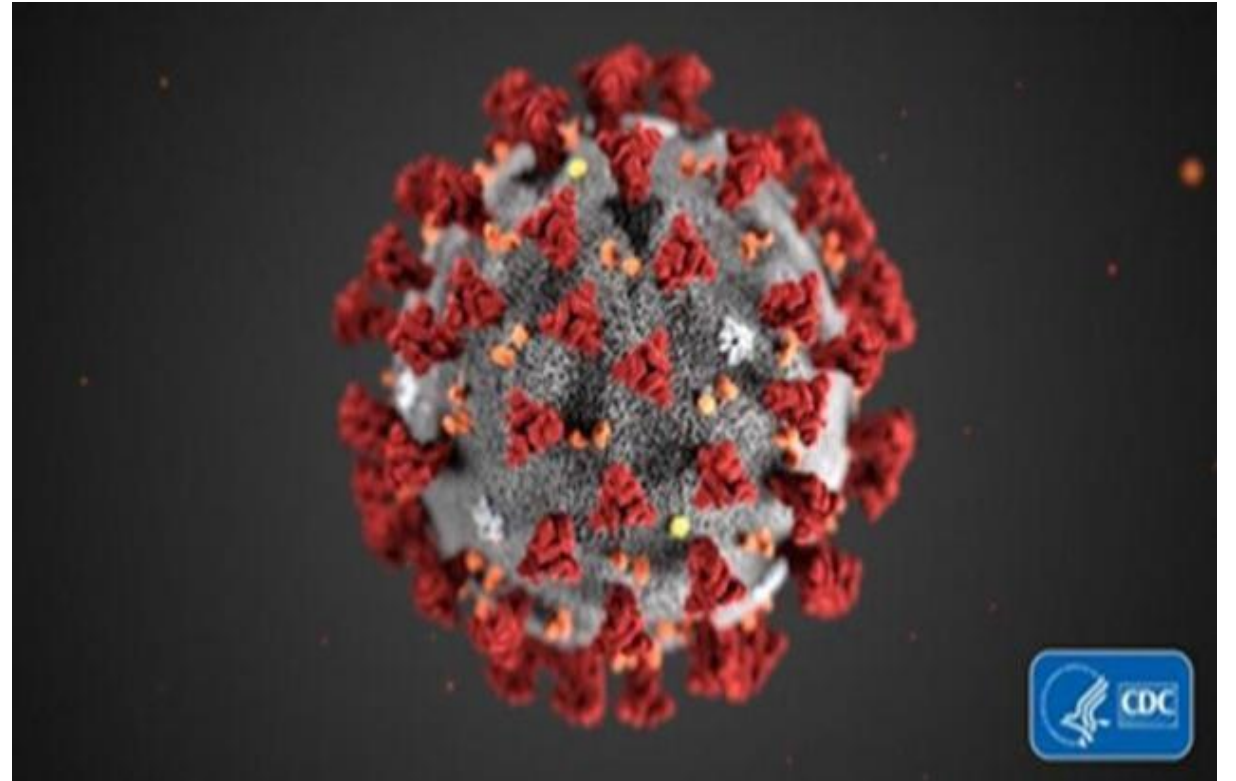
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COVID-19 | Psychological Impact

An outbreak of respiratory illness caused by a novel (new) coronavirus (named “coronavirus disease 2019” or “COVID-19”)

that was first detected in Wuhan, Hubei Province, China and which continues to expand. It is novel so there is no immunity, vaccine, or confirmed treatment.



COVID-19 | Psychological Impact

A novel coronavirus is a new coronavirus that has not been previously identified. COVID-19 is a **new disease**, caused by a novel (or new) coronavirus that has not previously been seen in humans.'

Consequently there is **NO** built-in immunity

It is **easily spread** from person-to-person even if there are **NO SYMPTOMS**

COVID-19 | Psychological Impact

- Elderly
- Comorbid disorders such as Diabetes and Hypertension
- African Americans
- Comorbid conditions, disparities in care, job insecurity
- Nursing home populations

Given their congregate nature and resident population served (e.g., older adults often with underlying chronic medical conditions), nursing home populations are at high risk

Less likely to Survive !!!!!

COVID-19 | Psychological Impact

Some
people
become sad
and
depressed



COVID-19 | Psychological Impact

Depression

- For Folks of color sadness may not be there
- A lack of interest and pleasure in daily activities
- Significant weight loss or gain
- Insomnia or excessive sleeping
- Lack of energy or an inability to concentrate
- Feelings of worthlessness or excessive guilt
- Recurrent thoughts of death or suicide.

COVID-19 | Psychological Impact

Some people experience:

- Tension
- Anxiety Anxiety
- Fear Fear Fear Fear
- Dread Dread Dread Dread
- Panic Panic Panic Panic
- "TERROR"
- Or chronic sense of impending doom
- Or Numbness and denial

COVID-19 | Psychological Impact

Post-Traumatic Stress Disorder (PTSD)

Psychological and physiological response to an extreme stressor

Three cluster of symptoms:

- rumination
- hyperarousal
- avoidance behaviors

COVID-19 | Psychological Impact

Exacerbated by:

The reality of History:

- Racism and its consequences
- Disparities in access to care and support

COVID-19 | Psychological Impact

Exacerbated by:

The only reliable
intervention-
Social Isolation

COVID-19 | Psychological Impact

We may:

- Face relocation
- Resource limitations
(ie. food deserts)
- Lack of access to social
media

- Isolated
neighborhoods
- Crime
- Discrimination

COVID-19 | Psychological Impact

Exacerbated by:

Loss of our protective institutions in the old ways:

- Church Service
- Funerals
- Barbershops, beauty parlors
- Corner store
- Schools

COVID-19 | Psychological Impact

Financial Insecurity And Stress

Torn between earning their income and spending the majority of their time in potentially dangerous environments, putting their loved ones at risk.

Loss of institutions for support

COVID-19 | Psychological Impact

Loneliness

- Sadness because one has no friends or company
- BUT Alone and loneliness are NOT the same

It is the discrepancy between the social relationships you want and the social relationships you have

Worse with social media?????

- the social relationships you want and the social relationships you have

COVID-19 | Psychological Impact

Why Do Some People Use Drugs?

Self Treatment!

To feel good

To have novel:

- feelings
- sensations
- experiences
- AND
- to share them

To feel better

To lessen:

- anxiety
- worries
- fears
- depression
- hopelessness



COVID-19 | Psychological Impact

Much can be done!!!!!!

Omelets out
of broken
eggs

Lemonade
out of lemons



**We must
be
creative!!!!**

We must not
lose out
spiritual
foundation

COVID-19 | Psychological Impact

Answers

- **Prayer and meditation**
- Preserve social contacts via technology if necessary .
- **Preserve our institutions**
- Escaping the "fight or flight" model of thinking
- **Stop unnecessary hoarding and do share when necessary**
- Stop promoting conspiracy theories
- **Stop spreading fear for no adequate reason and without evidence.**
- Be selective in information sources

COVID-19 | Psychological Impact

Avoid “Irrational thinking”

EVERYBODY IS HAPPY BUT
ME!!!!

This will never end

All of this is because of me

This only affects Black people
(or vice versa)



COVID-19 | Psychological Impact

Social ties are associated with **positive health behaviors**, and must be maintained. Well-balanced diets, exercise and regular medical checkups must be maintained.

Appropriate avenues should be sought for **stress** and frustration when others are involved.

The church is NOT a physical but a spiritual place and available if you open your heart and mind.

COVID-19 | Psychological Impact

Resources

[National Alliance on Mental Illness](#)

- Peer to peer support; as well as family support (available via Zoom)

[Mental Health America \(MHA\)](#): Mental Health Assessment available online to understand tools and resources available

Telehealth Services

- [Therapy for Black Girls](#)
- [Talk Space](#)

Additional: [Wellness Guide: Being Well in the Midst of A Pandemic](#)



HAPPINESS AND A HAPPY ATTITUDE IS A
CHOICE

JOIN the HEALTH MINISTRY for encouragement

FOR MORE INFORMATION AND RESOURCES PLEASE VISIT
ZION BAPTIST CHURCH'S WEBSITE,
HEALTH MINISTRY'S FOLDER :

<https://ziondc.org/ministries/health>

