

The Pandemic and Psychological First Aid 05/15/2020

Question	Answer(s)
Is it possible to download the graphics in your presentation?	We will have the presentation on our website in a pdf. If you could please send me your request for graphics at ruben.nanez@rutgers.edu. Thank you.
How can we help people avoid virtual burn out while they still need to work, home school kids, buy groceries, etc... all virtually?	Answered Live
Can you go over Benign, Kind, and Present once more.	Answered Live
It would be wrong to Say " I will all be ok, you will be fine".	Answered Live
Can you show the sleep hygiene slide again?	<p>Schedule: Stick to sleep time, even on weekends.</p> <p>Ritual: Practice a relaxing bedtime ritual.</p> <p>Exercise: Exercise daily.</p> <p>Substances: Avoid sleep stealers (alcohol/caffeine).</p> <p>Environment: Check temperature, sound, and light.</p> <p>Bedding: Sleep on comfortable mattress & pillows.</p> <p>Electronics: Turn off electronics before bed.</p>
Be careful only to say what you know you can provide	Answered Live
How do we address issues related to racism or other prejudices that individuals are experiencing during this crisis (example: Black men who are worried about wearing masks, Asian people who are facing an increase in hate crimes) other than recognizing that these are issues and encouraging safety?	Answered Live
How would you phrase the term, "This too shall pass..." without sounding cliché or hokey or flippant?	Answered Live
Thoughts on ways to help client return to work and calming their nerves/emotions due to fear of contracting and socializing	I would suggest using some of the principles of Systematic Desensitization (a treatment for phobias in which the patient is exposed to progressively more anxiety-provoking stimuli and taught relaxation techniques) here. Maybe they can first just visit the building from the outside, then get to their office floor, etc.

<p>I am a physician, but love studying history. Political conflict is going to be written about “as history.” I loved following Watergate every day. The Covid 19 mess is distressing for some, yet I enjoy following the developments each day. As long as I can sleep and “stay calm,” am I psychologically still safe?</p>	<p>Answered Live</p>
<p>As you would when in an office, lean forward, make comforting noises. I have also said to a client I know - I'm giving you a virtual hug right now</p>	<p>Answered Live</p>
<p>yes, screening working, but moblie response (for kids) is a case by case situation</p>	<p>Yes, we'll explore children's mental health at our special session with Dr. Cheryl Kennedy in a couple of weeks.</p>
<p>How do you address a client who is paranoid after watching the documentary "plandemic" and believe in conspiracy theories around covid?</p>	<p>Answered Live</p>
<p>Any recommendations for 5-7 year olds who cry after face time or visit keeping distance from grandparents.</p>	<p>Yes, we'll explore children's mental health at our special session with Dr. Cheryl Kennedy in a couple of weeks.</p>
<p>so many mixed emotions..parents are avoiding contact with grandparents</p>	<p>So true. People who were already alienated are now doubly hurt.</p>