



When Will This Pandemic End – Managing Your Anxiety and Depression During COVID-19

Cohen Veterans Network(CVN), a national not-for-profit philanthropic organization that operates 15 mental health clinics nationwide, revealed findings of its America's Mental Health COVID-19 Pulse Study, which looked at the mental health of Americans during the pandemic.

The survey of more than 2,000 U.S. adults offers a comprehensive snapshot of the mindset of Americans surrounding mental health during the pandemic. Key findings included:

Many Americans are Concerned with Both Their Physical and Mental Health

- 70% of Americans are concerned about their physical health, while 58% of Americans are concerned about their mental health because of social distancing.
- 80% of Americans worry that people who need mental health services won't be able to get help.
- Two-thirds (64%) report *feeling anxious*; half cite *feeling lonely or isolated* (49%) and *having trouble sleeping* (46%) as a result of the pandemic.
- Eight in ten (81%) think the pandemic will have a negative impact on the mental health of Americans.
- Nine in ten (88%) think it is more important for Americans to have access to mental health care as a result of the pandemic.
- 57% of those who either personally or had an immediate family member access mental health care during the pandemic said it was difficult to access mental health care.
- Nearly one in six (14%) say that a member of their immediate family has accessed mental health care services during the pandemic.
- 90% of Americans are concerned about the American economy, while 50% are concerned about their employment status. One in five (21%) Americans indicated they *lost a job* over the past two weeks.
- Nearly three in four (72%) Americans are concerned about *their ability to purchase necessities*.
- Seven in ten (71%) agree that the *availability of telehealth* mental health care services would make them more likely to seek mental health care if they felt they needed it.
- Approximately nine in ten recognize that anyone can have a mental health issue (92%), that people shouldn't feel embarrassed about seeking mental health services (90%), that they would not view someone differently if they were told they have a mental health issue (86%), and that people with mental health issues can live normal lives (86%).
- 23% of Americans have experienced a *conflict with a partner* during the past two weeks.

How to Deal with Anxiety and Depression During COVID- Pandemic

- Take breaks from reading, watching or listening to news stories – including all forms of social media.
- Continue to connect with others that you love and share how you are feeling.
- Provide yourself good self-care including eating well-balanced meals, getting on a sleep schedule, exercising regularly, avoiding the use of alcohol or drugs and finding ways to promote relaxation.
- Take care of your own mental health – talk with a healthcare provider. Most providers, including CCS and AHS here at IWU, are offering some form of telehealth. Pay attention to feelings of stress and depression including trouble sleeping, increased or decreased appetite, feeling irritated easily, self-isolating, increased use of alcohol or drugs, crying spells and any suicidal thoughts.
- Stay on a routine that includes getting up and starting your day. Stay active as you can and create comfort by starting a hobby, learning something new, connecting virtually with friends, organizing your space and identifying what you do control vs what you cannot control at this time.
- Remind yourself that this pandemic is temporary.
- Many people are experiencing situational feelings of depression and anxiety at this time which may end when the pandemic ends. Others may have feelings of depression or anxiety that may have worsened. Check with your medical or mental health provider to better understand what you may be feeling at this time.