

COVID-19 Stress Scale



Pandemic stress is real, but how well are you coping? To help people evaluate stress, the COVID Stress Scale was developed as a research tool this past year. Its schedule of questions may help you self-assess the impact of the pandemic on your well-being, your coping behaviors, and the effect of anxiety in daily functioning. You can then decide whether additional support could be helpful. See the page of questions at the following link: [Development and initial validation of the COVID Stress Scales.](#)

Fighting stress of any kind ultimately boils down to self-care. Review and [rate yourself on eight domains of self-care according to Virginia Satir.](#)

Get a Mental Boost with Decluttering

If you think decluttering is only about dealing with the dust (or the complaints from others around you), consider other benefits discovered recently by workplace wellness researchers. One real benefit is improved mental health. Researchers found that a person can't collect and possess a bunch of stuff and create a disorderly and chaotic environment without paying a mental health price for doing so. Researchers found that clutter undermines one's ability to have a pleasurable and satisfying work experience and creates a risk of burnout, thereby lowering productivity.

Source: www.depaul.edu/ [search "declutter"]

National News, Crisis, and Effects on Children

Children are easily affected by catastrophes and national crises like the COVID-19 pandemic, but they do not exhibit symptoms of anxiety and trauma that are commonly seen in adults. If you're confused or unsure about whether your child needs additional support, psychotherapy, or even care for a psychiatric emergency, consider the following list below from the Association for Children's Mental Health. Trust your gut as a parent and seek help if these symptoms or a combination thereof signal you that it's time to get help. Some signs that your child may be experiencing a mental health crisis include rapid mood swings; extreme energy or lack of it; sleeping all the time or being unable to sleep; severe agitation, pacing; talking very rapidly or non-stop; confused thinking or irrational thoughts; thinking everyone is out to get them or seeming to lose touch with reality; experiencing hallucinations or delusions; making threats to others or themselves; isolating themselves from friends and family, not coming out of their room; not eating or eating all the time, rapid weight loss or gain; suicidal thoughts and statements such as "I want to die" or even possible vague statements such as "I don't want to be here anymore."

Learn more: www.acmh-mi.org [search "mental health crisis expect"]

Intervening with "Nomophobia"

Nomophobia is the "fear of being without access to a working smart (cell) phone." Experts question whether nomophobia is a real addiction, but they have decided upon four symptoms of it: experiencing panic over losing your phone; obsessively checking for missed calls, emails, and texts; using your phone in inappropriate places like the bathroom or church; and missing out on opportunities for face-to-face interactions. Want to cut back on digital dependency? Start with awareness. Is it a problem you want to change? If so, experiment with separating yourself from your phone when participating in other activities. Get an accountability partner (who also wants to cut back) and tackle a mutual goal. Use a timing device to interrupt mindless phone surfing. More tips and tricks can be found by searching "tips on cutting back smartphone use."

Source: archives.drugabuse.gov [search "nomophobia"]

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