

## **Strategies and Tips for Promoting Wellbeing during COVID-19**

Center for Wellbeing

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Uncertainty and the unknown often generates stress, fear, and even clinical paranoia. Population stress from war, environmental catastrophes or pandemics frequently spreads and escalates through larger communities faster than smaller cohorts because the dissemination of information becomes fractured or chaotic.<sup>1</sup> Both acute and chronic stimuli (or trauma) may play a role in the exponential growth of emotional lability in individuals.<sup>2</sup> Achieving *cognitive balance*<sup>3</sup> is an early intervention strategy to reduce stress during community events. In short, “knowing the facts” can help people feel less dysregulated, tired and fearful.

Here are some reliable resources to consider regarding COVID-19.

Centers for Disease Control and Prevention (CDC)

<https://www.cdc.gov/coronavirus/2019-ncov/index.html>

World Health Organization

<https://www.who.int/emergencies/diseases/novel-coronavirus-2019>

Illinois Department of Public Health

<http://dph.illinois.gov/topics-services/diseases-and-conditions/diseases-a-z-list/coronavirus>

Peoria County Health Department

<https://www.pcchd.org/289/COVID-19-Coronavirus>

University of Illinois

<https://today.uic.edu/coronavirus>

UICOMP

<https://peoria.medicine.uic.edu/coronavirus>

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<sup>1</sup> Zhou R, Zhang J. Effects of community stress and problems on residents' psychopathology. *Psychiatry Res.* 2014;215(2):394–400. doi:10.1016/j.psychres.2013.11.005

<sup>2</sup> Berardi L, Glantsman O, Whipple C. Stress and Coping. (Ch 13) *Introduction to Community Psychology: Becoming an Agent of Change.* Jason L, Glantsman O, O'Brien J, Ramian K (Editors). Creative Commons 2019.

<sup>3</sup> Neuroscience data supports that there are four constituents of well-being: cognitive, intentional, attentional, and emotional. Davidson, RJ & Schuyler, B. *Neuroscience of Happiness.* Helliwell, JF, Layard, R., & Sachs, J. (Editors). World Happiness Report 2015.