



COVID-19 & Mental Health

Thoughts for Pastors

COVID-19 Statistics

Nearly half of all Americans report the COVID is harming their mental health (Kaiser Family Foundation Poll).

Federal emotional distress hotline registered 1,000 percent increase per month from last year.

Mental health agencies are seeing a 60% jump in those seeking therapy

7 in 10 employees indicated the pandemic is the most stressful time of .entire career (Ginger).

Porn use is up 20%. (porn hub).

Alcohol sales are up 55% (nielson report).

30% increase in depression and anxiety.

38% increase in anti anxiety medication (Ginger).

“Deaths of Despair”. 1 point increase in unemployment rates equals 1 % increase in suicide rates.



How is your mental
health? How has COVID
impacted you?





Two Types of Responders

Deniers

Rely on themselves , minimize threat, avoid emotion.

Alarmists

Need others to feel okay,
worried about being forgotten,
amplified emotion.

MENTAL HEALTH FACTORS

Isolation and Loneliness

Unemployment / Change in Job

Poor Self Care

Removed Coping Skills

Increased Interpersonal Conflict

Fear of Death or Illness

Uncertainty and Unpredictability
of Future

Loss of Control

Simplicity

Poor Physical Health / Exercise

Increase of Addictions

Weight Gain

Lack of Touch

Compassion Fatigue



Compassion Fatigue

- Is a form of burnout, often experienced by those who work as caregivers (Figley, 1995).
- Manifested after caring for those who have suffered or are currently suffering from a traumatic event/ stress.
- Requirements to repress or display emotions routinely, as well as the chronic use of empathy can lead to fatigue.
- It is also called Secondary Traumatic Stress.
- Has a more rapid onset than burnout.



Suggested Ways to Support Others/Yourself

Undo Loneliness (don't isolate yourself). Use curiosity, empathy, and play.

Hold onto familiar routines when possible (waking up at same time, ect.).

Add a spiritual grounding exercise (Jesus prayer, mindfulness, ect.)

Find positive ways to express feelings (metabolize emotions).

Minimize watching, reading, or listening to news that causes undo anxiety or distress.

Seek information from reliable sources.

Exercise and eat well.

Seek out therapy.

Stimulate your mind (educational retreats) and slow your mind down (mindfulness moments).

Avoid looking for signs of illness.

Prioritize sleep.

Don't make any major life decisions.

Be a part of a world that does not mirror that of the caregiving setting you're in.



An illustration of a diverse crowd of people, all wearing white face masks. The people are depicted in various colors and styles, representing different ethnicities and ages. The background is a mix of warm tones like orange, red, and brown. The word "questions?" is written in a white, serif font across the center of the image.

questions?