

Coping with Anxiety amid COVID Surge (*Interview Transcripts*)

Marybeth Evans, Licensed Clinical Social Worker, OSF HealthCare Little Company of Mary Medical Center

“I think some people have become used to being isolated and now have developed a bit of fear of going out. In that case, I would say that being outside and being with friends and family – if that’s what you were used to before COVID – is a good remedy for getting back into life and lifting your mood. For different people it will mean different things.” (:26)

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“I think the person who is giving the event has to be aware that some people may not be comfortable coming – and accept that not in a hurtful way, but just realizing that the world has changed at least for now. And the person who is invited needs to figure out what will make them comfortable.” (:22)

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“I think we just have to be patient with our family members about what they think is comfortable. That is something I would encourage anybody. Just try not to be judgmental about what other people think or do. Try to be friendly and open to differences. (:18)

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“We can’t let this whole event divide us. It has in many ways, and I think to get back to a healthy society we have to get back to healthy respect for one another.” (:11)

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“Keep up with your spiritual life, your friends. Dealing with anxiety is something that really requires other people. Change your thoughts. Distract yourself. Use meditation. Develop some stress-free moments in your day. I think that everybody should practice some kind of self-care.” (:26)