COVID-19 and Mental Health

Welcome to COVID-19 Webinar 2 in the series. When the COVID-19 pandemic hit, many drastic changes occurred in our daily lives causing panic and disruption. The new measure and impacts introduced included quarantine, causing effects on our usual activities, routines, and livelihoods. This in turn has developed increased levels in loneliness and depression. By providing information on the impact of COVID-19 on our mental health, we hope to bring awareness and techniques on how to manage and function with the stress. The to-do list is to help guide you on all the sections you will complete in this module.

To-Do List

☐ Complete Pre-Test

☐ Watch COVID-19 and Mental Health Webinar

☐ Complete Post-Test

Pre-Test

Please complete the pre-test before watching the video, reviewing content, or completing any related assignments. You are not expected to know every answer. The pre-test is to get an idea of how much you know about the topic before learning about it. Click on the button below to access the pre-test.

Click Here to Begin the Pre-Test

Last modified on 12.2.2020

COVID-19 and Mental Health Webinar

Watch the COVID-19 and Mental Health Webinar presented by presented by Alexa Villanueva and Marianna Cisneros, staff of Scripps Mercy Hospital Chula Vista. Click the image below to access the webinar.

This webinar will cover the following topics:

- *What happens to the brain during COVID-19?*
- *Stress and isolation*
- *What to do and how to function*
- *Any new developments*

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Post-Test

Please complete this post-test once you have reviewed all content. Click on the button below to access the post-test.

Click Here to Begin the Post-Test

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