## Psychological Coping during a Pandemic

Pandemics, like COVID-19, challenge the way people cope. During a pandemic it's not uncommon to experience strong emotions. Psychology helps us to understand normal responses to abnormal events – this can help Albertans cope. Novel & unfamiliar threats provoke anxiety & even unrealistic fears & racism. Social distancing, effective communication, & public health measures are realistic lines of defense.

Stay Informed – Not Overloaded. With major news events, media inundates us with coverage & potential implications – that can create the individual of the state o