



\$ Hughes Center Conversation: Coronavirus Pandemic Poses Risks to Mental Health

Galloway, N.J. - First responders, medical personnel and even ordinary people sheltering at home must recognize the stress they are experiencing during the coronavirus crisis and take steps to cope with it.

Atlantic County Sheriff Eric Scheffler discussed the risk of post-traumatic stress disorder and mental health issues related to the pandemic at a Y L G H R Undergraduate Symposium sponsored by the William J. Hughes Center for Public Policy at Stockton University and hosted by Executive Director John Froomjian.

The sheriff was formerly part of a working group that advised an FBI National Academy program to bolster resiliency while working with trauma for police by New Jersey law enforcement. He is also a member of the Hughes Center Steering Committee.

Dealing with the pandemic is causing anxiety and stress at all levels of society whether someone is working in an emergency room or staying locked down in fear of contracting the virus.

Scheffler said strategies used by New Jersey law enforcement can help even deal with the long-term stress. A retired lieutenant from the Atlantic City police, Scheffler is an D G Y R F D W H R I S U R H U L D O P L M H Q K D W S U R Y L G H S R V L W L Y H F R S L Q L Q F L G H Q W V

Most people are currently working or living with operational stress, not knowing how the crisis will turn out, how long it will last, whether they will contract the virus or if they may bring it home and infect their family.

3 \$ V K X P D Q V Z H Z D Q W W R E H D E O H W R S U H G L F W Z K D W T V W K D W H Y H U \ W K L Q J L V J R L Q J W R E H D O O U L J K W ' 6 F K H I I O W K D W D Z H U J D I I H F W H G E W K H R Z R Q T W Q & Z Y H F D Q Q W F R Q W U G D \ K D S S H Q L Q J V 6 R W K L V D I I H F W V D O O R I X V Q H J D W L Y H

Post-traumatic stress disorder (PTSD) can result from any type of trauma or critical incident.

7 K B H U V R Q G R H V Q T W K D Y H W R H [ S H U L H Q D Z L W Q H H W W U D X R P I D V Typically people associate PTSD with returning war veterans. But anyone can have experienced its symptoms: reliving the trauma over and over, sleeplessness, anxiety, or depression.

Among those potentially at risk are EMTs dealing with coronavirus victims and medical staff treating patients in overwhelmed hospitals described in published reports as 3 P Z D H V

7 K H M U R Q Responders go home physically and mentally exhausted and may return to the coronavirus battle with just enough sleep to go on.

3 7 K H \ D U H Q R W J H W W L Q Y I D J E O D I N H I U O R P U W K L G \ S K B X F R P H exhausted You can't functionally get off the couch « That's mental stress that's the beginning of depression K W D L G

He said workers need to take care of themselves.

3 7 K R D V W K H W L P H V W K D W \ R, X Q P Z P H S W R V L D D O Q A N D Q G P H Q W D  
 exhausted. I need to reset myself. I need to go work out. I need to go for a walk. I need to  
 read a book. I need to self F D U H ¶

He said the goal is to avoid negative coping mechanisms, such as alcohol or drug abuse.  
 The better choice is to engage in activities involving capacities in areas of mental  
 (reading, conversation), physical (working out, walking), spiritual (meditation, religion) and  
 social (spending time with family, online meetings with friends).

3 : K D W H Y M K R R Q H Z I L U V W D Q G I R U H P R W V R H L W W K L K D S W Q I G H P L  
 i V Q R U P D O , W D V Q Q Z W X J D U G O H V V R 6 F Z K H R V R K G D U H R Q W W K L  
 you're weak. This is not a sign of weakness.

3 < R X Z D Q W W R J R E D F N W R W K H W K L Q J V W K D W K D Y H K H O  
 whatever those stressful L P H V P D \ K D Y H E H H Q \$ Q G L I \ R X F D Q ¶ W U H V  
 spiraling, then one of the bravest things you can do is to reach out to a professional to help  
 \ R X J H W W K K R V D L G W B E S O C H  
 During the pandemic, therapists have begun counseling by phone

To view a video of the full conversation between Froomjian and Scheffler or to find resources  
 on dealing with operational stress or PTSD, visit the Hughes Center website

( [ZZZ K V W R F N W R Q H G X K X J K H V F H Q W H U F R U R Q D Y L U X V S D C](#) )

#### About the Hughes Center

The William J. Hughes Center for Public Policy ([www.stockton.edu/hughescenter](http://www.stockton.edu/hughescenter)) at  
 Stockton University serves as a catalyst for research, analysis and innovative policy solutions  
 on the economic, social and cultural issues facing New Jersey, and promotes the civic  
 life of New Jersey through engagement, education and research. The center is named for the late  
 William J. Hughes, whose distinguished career includes service in the U.S. House of  
 Representatives, Ambassador to Panama and as a Distinguished Visiting Professor at  
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