



# Maintaining mental health amid the pandemic

Labhart: Everybody copes differently but needs to seek a connection

By Steven Mitchell  
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With the stress of current events and living with a pandemic for roughly a year, people are struggling with mental health now more than ever.

Community Counseling Solutions Clinical Director Thad Labhart said, “pandemic or not,” everybody copes differently but needs to seek a connection.

Labhart said those connec-

tions could come through natural support, such as family, friends or community events. The irony is that many people with anxiety and depression may have a fear of initiating that connection, he said.

“So one of the best things that, as a community, we can do is reach out to those folks who we know are struggling and do some outreach,” he said.

Labhart said reaching out to those communities does not

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**Community Counseling Solutions Clinical Director Thad Labhart.**

## WHAT TO LOOK FOR

Here’s a list of common reactions that may mean you should reach out for more support, according to the Federal Emergency Management Association.

### Are you feeling:

- Anxious or fearful?
- Guilt or sadness?
- Numb or disconnected from life?
- Uninterested or unmotivated?
- Angry or irritable?
- Lonely or socially isolated?
- Distracted or disoriented?

### Are you having trouble:

- Concentrating, remembering or making decisions?
- Talking about what happened or listening to others?
- Getting out of bed?
- Doing things you normally do, like paying bills?
- Do you find yourself:**
- Feeling tired all the time?
- Feeling tense or easily startled?
- Having headaches or other physical pain?
- Eating too much or too little?
- Experiencing nausea or stomach aches?