

The Science of Well-Being

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Wellbeing during Covid 19 - Q&A Session with Dr. Laurie Santos

We're living in an unprecedented time as COVID-19 impacts lives everywhere. As we navigate and adjust, how can we manage the many emotions we're feeling?

Dr. Laurie Santos hosted a [Facebook Live Q&A](#) to help us all find ways to cope and process.

https://www.facebook.com/watch/live/?v=642782703167460&ref=watch_permalink

The video covers the following topics:

- | <u>Topic Addressed</u> | <i>(time occurring in video)</i> |
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| • Reducing tension in a relationship while sheltering in place | (1:11) |
| • Consuming news without increasing anxiety | (3:24) |
| • Supporting healthcare workers and helping them prioritize self-care | (5:19) |
| • Remaining positive when living alone | (8:51) |
| • Staying focused and productive at work | (10:36) |
| • Finding your next career or job if you've been laid off | (12:47) |
| • Helping children who are struggling without their usual routine or friends | (15:00) |
| • Creating positive experiences while in lockdown | (18:26) |
| • Sleeping better, despite increased anxiety and stress | (20:48) |
| • Coping if loved ones test positive for COVID-19 | (23:57) |
| • Spreading kindness or making social connections while isolated | (26:32) |