



**Promoting
Positive
Emotions**



KEEPING THE FAITH DURING COVID-19

Research over the last three decades shows that practicing faith can help people cope with stressful times like the COVID-19 pandemic. How people experience and express their faith has implications for overall well-being and health and helps people cope with adversity by:

- * **Encouraging them to reframe events through a hopeful lens.**
- * **Fostering a sense of connectedness.**
- * **Cultivating connection through rituals.**

“It is extremely important that people use their beliefs in a way that makes them feel empowered and hopeful,” says Thomas Plante, PhD, a professor of psychology at Santa Clara University. “Because it can be remarkably helpful in terms of managing stress during times like these.”

Even though you cannot congregate due to physical distancing rules, there are many ways to lift your spirits right now, says Plante. **“You can play a spiritual or uplifting song, you can join fellow congregants on Zoom, or you can decide to help other people by giving to those in need.”**

“Religion has been helping people get through hard times for thousands of years,” he says. “It’s tested and ready to go at a moment’s notice. Just read the psalms and you will see that it is all about people turning to God during troubled times.”

Adapted from, [*Faith in a Time of Crisis*](#), from the [American Psychological Association](#) .

If someone you know is experiencing anxiety, stress, depression, or other emotional changes due to COVID-19, immediate help is available from our

24-hour Crisis Support Line at 1-833-993-2382.

Learn more online at www.staypositivearkansas.com.

ADDITIONAL RESOURCES

This page contains a list of resources and handouts that spiritual leaders can access to support the health and well-being of individuals, groups, and communities impacted by COVID-19.

- * The U.S. Department of Health and Human Services [Center for Faith and Opportunity Initiatives](#) (Partnership Center) reports that “one in four people who seek help for mental health concerns turn to faith leaders before they seek help from clinical professionals.” They offer this [list of resources](#) written with faith-based leaders in mind, as they serve people experiencing fear and anxiety associated with COVID-19.
- * [Religions for Peace](#) is a multifaith organization working to advance effective interfaith cooperation on global, regional, national, and local levels. They have a special section on COVID-19 under their [resources](#) that has Buddhist, Islam, Sikh, Jewish, Hindu, Christian and Baha’i specific resources.
- * The CDC offers a [Toolkit](#) for Community and Faith-Based Organizations.
- * Harvard’s Divinity School offers these [Spiritual Resources](#) for the COVID-19 Pandemic.
- * [Spiritual First Aid](#) offers a step-by-step approach to learning and providing spiritual and emotional care for others. Their [resource page](#) offers a variety of tip sheets dealing with COVID-19.
- * The American Bible Society’s, [Trauma Healing Institute](#), offers free COVID-19 response [resources](#) on their website and includes a video training series for those who provide care in times of crisis.
- * The [Humanitarian Disaster Institute](#) at Wheaton College, is a faith-based academic disaster research center and offers resources geared toward students, survivors, helpers, and researchers. Their website offers a variety of [coronavirus resources for the church](#) and helpful tip sheets. The following tip sheets are examples of what is offered on their website saved in PDF format.

[Tip Sheet: Coping and Caring for Oneself as Pastors and Christian Leaders](#)

[Tip Sheet: Communicating with Your Church About COVID-19](#)

[Tip Sheet: Ministering in a Time of COVID-19](#)

[Tip Sheet: Caring for the Wellbeing of Older Adults During COVID-19](#)

[Tip Sheet: Facing Loss during COVID-19: How to Care for Your Whole Self](#)