



# DR. ALDUAN TARTT

*Helping Couples, Singles,  
Parents, Teens, & Athletes Create  
Thriving Relationships.*



## Five Tips For Reducing Anxiety... During COVID-19”

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- **Dr. Alduan Tartt**
- Christian Psychologist
- Graduate of Morehouse College & Youngest African-American to Get Ph.D. in Clinical Psychology from University of Michigan
- 20 Years Experience With Therapy
- Psychologist for CNN, HLN, Radio One, Rickey Smiley & NBA, & Formerly OKC Thunder
- YouTube Channel= 1.5M Views





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## #1- Understand Why You Are Anxious

UNDERSTANDING  
Anxiety

The image shows the cover of a book titled 'Understanding Anxiety'. The background is a textured, light blue surface. The word 'UNDERSTANDING' is written in a simple, uppercase, sans-serif font. Below it, the word 'Anxiety' is written in a large, elegant, cursive script.

- We Should All Be Experiencing “Normal Anxiety”
- Anxiety Is Only A Problem When Unchecked & Out of Control
- We Are Being Affected By Risk Perception -Perceived Risk of Threat at Hand (Germ Phobia)
- Replace Worrying & Pessimism With Planning, Action & Optimism



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## #2- Watch Less Sensational News

A graphic with a red background and white, bold, 3D-style text that reads "BREAKING NEWS". The text is set against a background of white curved lines that create a sense of motion or a spotlight effect.

**BREAKING  
NEWS**

- Remember Mainstream News Is...By Nature Negative & Sensational
- Causes Indirect Trauma- Watching The Trauma of Others
- Heightens Flight or Fight Response (Alarm System of Body)
- Focus on CDC For Information



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## #3- Stay Connected While Isolating



- Smart To Follow Guidelines (Social Distancing) & Still Connect With Others Daily
- Loneliness Causes Anxiety, Depression & Loss of Connection
- Be Prosocial By Reaching Out To Others (Be The Initiator)
- Be Creative (Zoom, Facetime, etc.)



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## #4- Practice Self-Care

- Make Sure You Are Getting 49 Hours of Sleep A Week
- Learn How To Meditate, Yoga, Exercise & Protecting Your Energy
- Limit Caffeine- Tends To Increase Anxiety & Irritability
- Eat Well & Avoid Alcohol/Drugs To Cope

**SELF**  
*care*

IS NOT SELFISH



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## #5- Find Your Sense of Purpose



- Fight Learned Helplessness With Learned Industriousness (“Faith & Works”)
- Focus On Things You Can Control (Next Project, Self-Care, Family)
- Create A Weekly Schedule, Set Goals, Accountability Group
- Create Projects That Help Us During & After COVID-19



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## Resources



**Health  
Care**  
.gov

- Find A Therapist- PsychologyToday.com
- Insurance- Medicaid.Georgia.Gov
- Mental Health- Namicga.com
- Meditation –Mindsight, Calm, Bloom
- Georgia Crisis Line  
1-800-715-4225



**nami**  
Main Line NAMI  
*Find help. Find hope.*





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## Thanks

Dr. Alduan Tartt

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