

FINANCIAL EXPERTS NETWORK

Stress, Disruption and Loss of Control

Coping Strategies for Anxious Times

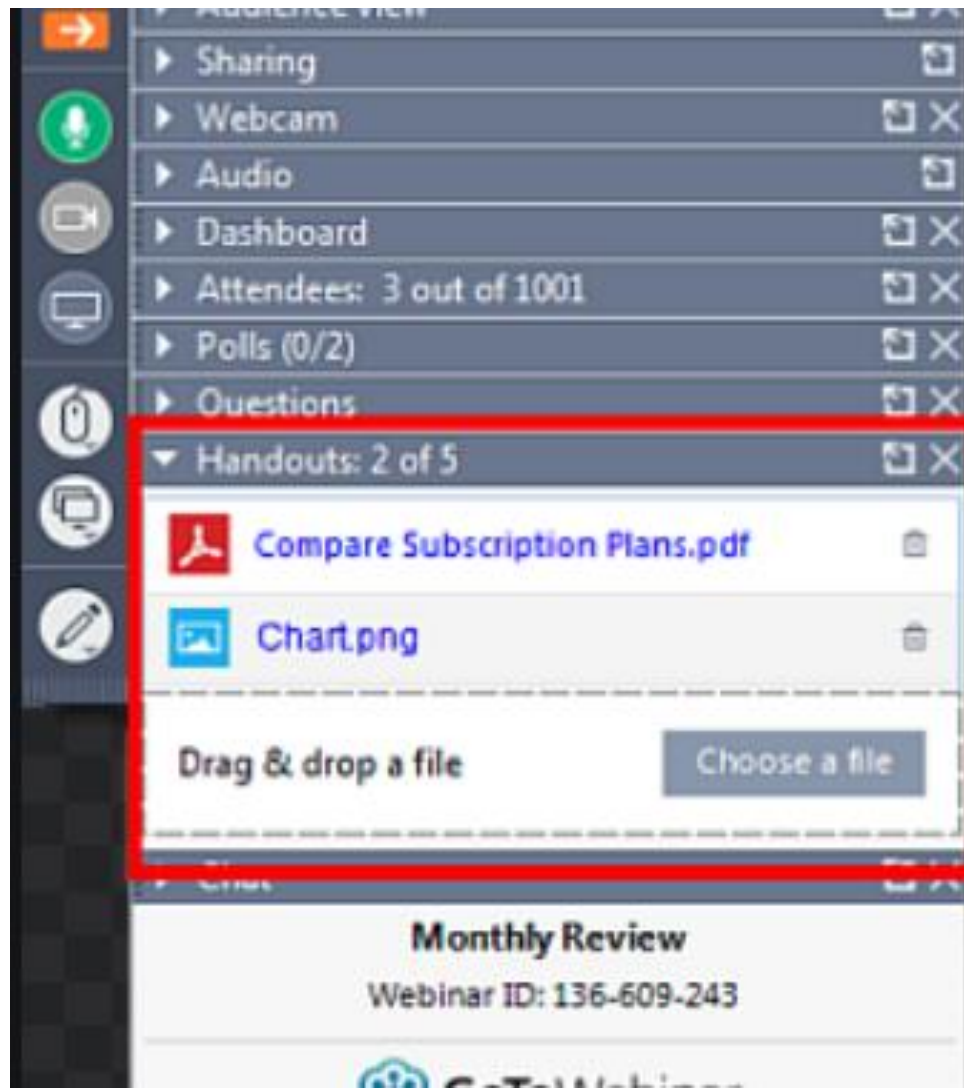
Presented by Dr. Paul Nussbaum

www.brainhealthctr.com

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Hosted by
Tom Dickson, Founder, Financial Experts Network
tom@financialexpertsnetwork.com



Materials

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Meet the Expert

Dr. Paul Nussbaum

Dr. Nussbaum is Board Certified in Clinical and Geropsychology with specialization in Neuropsychology, aging, brain health, and brain health lifestyle®. He maintains a Private Practice in Pittsburgh where he conducts Independent Neuropsychological and Psychological Exams, Record Reviews, Deposition and courtroom testimony. Licensed in PA and FL.

Dr. Nussbaum also conducts a national consulting business from Naples, FL.

www.brainhealthctr.com

Email: drnuss@me.com

Cell: 412-471-1195



Stress Levels



More than one-third of Americans (**36%**) say coronavirus is having a serious impact on their mental health and most



(59%) feel coronavirus is having a serious impact on their day-to-day lives.



57% of adults are concerned that the coronavirus will have a serious negative impact on their finances



Almost half are worried about running out of food, medicine, and/or supplies.



Two-thirds of Americans (68%) fear that the coronavirus will have a long-lasting impact on the economy.

Source: American Psychiatric Association-sponsored poll conducted online via a Porter Novelli PN View.



Stress, Disruption,
Loss of Control

Loss of Control



Physical distancing



Loss of Income



Loss of Routine



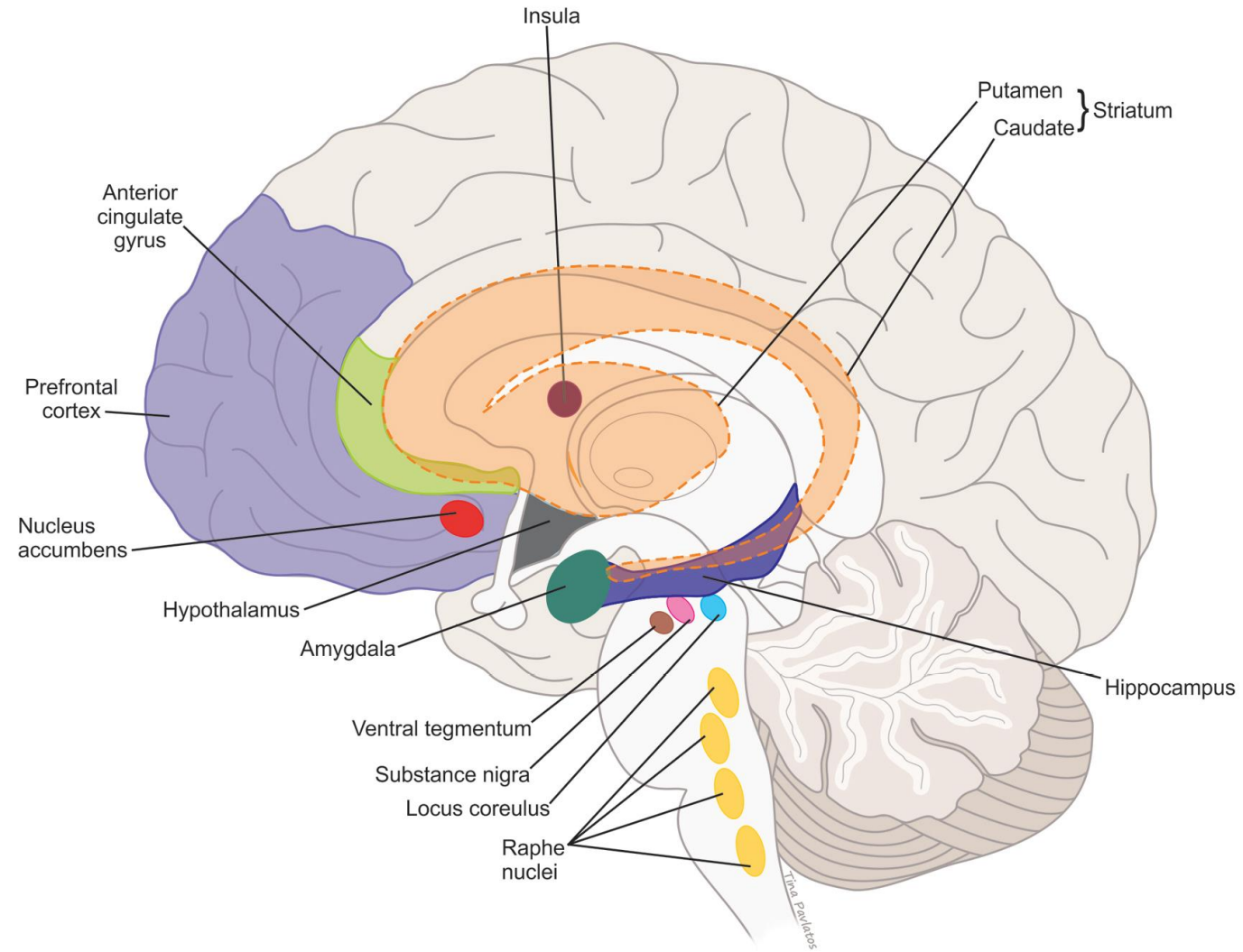
Bad News

Happy



Unhappy

Regain Self Control





Practical Steps: Brain & Psychological Health
