

Emotional Pain During a Pandemic

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- In summary, emotional pain can cause physical pain. While emotional pain is often dismissed as being less serious than physical pain, it is important that continual emotional pain is taken seriously.
- In some cases, you may need to see a physician before emotional pain has lasting consequences.

KEY TAKEAWAYS

- The brain doesn't know the difference between physical and emotional injury or stressors.
- The body secretes stress hormones, adrenaline, cortisol, and norepinephrine that provides energy to enable one to become response-able.

- Video Emotional Pain
https://www.youtube.com/watch?time_continue=15&v=ZOyaeXg_pWQ&feature=emb_logo

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