

# EEC Corner Spotlight

## Chapter Program & Projects

### Program

#### Psychological Effects of Covid-19

**In this time of Covid, meeting via Zoom seems the way to go. But how does the lack of physical interaction and unfortunate isolation affect our psyche? Alpha Sigma invited psychiatrist Dr. Altha Stewart to join us on Zoom to explore these questions. She is Director of the Center for Health in Justice Involved Youth at UTHSC and recognized nationally for her expertise in mental health care. She assured us that dismal feelings during this pandemic are normal and urged us to encourage one another. She also shared her personal remedy: get out of bed and start dancing and smiling whether you feel it or not.**



Pictured: (L to R) Laura Evans, Deborah McDurmon, Kelly Beach, Dr. Elaine Vaughan (TN State VP), Sonja Glaser, Alice Winburn, Deborah Wooley, Dr. Altha Stewart (guest speaker), Betty Only.

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