

November 28th 2020



During holidays psychologist recommends staying connected virtually, seeking therapy, and laughter to help shift moods



<https://www.kitv.com/clip/15160946/psychologist-says-anxiety-and-depression-levels-are-on-the-rise-amid-the-pandemic>

Not only are many dealing with job loss, depression and feelings of helplessness but also fear about how to manage the holidays among family.

Around this time of year psychologists usually see an increase in people seeking mental help. However, the usual holiday stress combined with the pandemic has the number of cases spiking.

Doctor Teyhou Smyth, originally from Hawaii, now a psychologist at Pepperdine University joined KITV4 Island News at 6.

Smyth says anxiety and depression levels are on the rise along with divorce rates, domestic violence, and substance abuse.

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"The reality is actually we don't have a lot of control over a lot of things that are going on in the world, we don't have a choice on a lot of matters. But the one thing we do have control over is how we respond. That can actually be a choice rather than feeling that we have none," Dr. Teyhou Smyth said.

Dr. Smyth also recommends staying connected with loved ones through phone calls or zoom call, and seeking therapy. This can be done through [mentalhealthhawaii.org](https://www.mentalhealthhawaii.org) according to Dr. Smyth. Lastly, Dr. Smyth says accessing laughter and comedy are proven to help shift moods.