

**Presentation Form**  
**Stress Management in a Time of COVID-19**  
**September 29, 2020 - 1:00 to 2:00 PM**

**Presenter Bio**

**Gianna K. Carlotti, MS, NBC-HWC**  
Senior Health Coach Specialist  
UPMC Health Plan  
Pittsburgh, PA

Gianna K. Carlotti, MS, received her bachelor's degree in Health and Physical Education from Edinboro University of Pennsylvania. Upon graduating, she went on to receive a master's degree in Exercise Science from California University of Pennsylvania with a focus on rehabilitation Science.

Gianna joined the UPMC Health Plan team in 2017 as a health coach specialist, in which she provides lifestyle programs to help facilitate behavior change related to stress management, weight management, nutrition, physical activity, and tobacco cessation. She holds a national board-certified health and wellness coach title through the IHWC and is certified as a corrective exercise specialist through the National Academy of Sports Medicine.

**Donald J. Maser, LPC, NCC**  
Lifestyle Health Coach  
UPMC Health Plan  
Pittsburgh, PA

Don Maser, LPC received his bachelor's degree in Psychology from The College of William and Mary in Williamsburg, Virginia, and his master's degree in Clinical Mental Health Counseling from California University of Pennsylvania. He completed his internship at Gateway Rehab, where he went on to work as a Clinical Admission Specialist at Gateway's main campus in Aliquippa, PA.

Don is a Licensed and Board-Certified Professional Counselor with a background primarily in the areas of substance use disorder treatment and behavioral health coaching. Don joined UPMC in 2018 as a clinician in the Quality Department at Community Care Behavioral Health Organization. Don's current role is as a Lifestyle Health Coach in the Health Management Department at UPMC Health Plan, focusing in the areas of stress management, weight management, healthy eating, physical activity, and tobacco cessation.

**Name and Narrative Description of your Presentation**

**Stress Management in a Time of COVID-19**

Everyone has experienced stress at one time or another. For some people, the stress they experience can become chronic and lead to a more serious health condition. As a result of the COVID-19 pandemic, we are seeing a significant increase in the average reported stress level for U.S. adults, and this stress is manifesting in many different areas of life. This presentation will examine what stress is and why unmanaged stress is a major threat to overall health. We will explore specific sources of pandemic-related stress and how these sources of stress are impacting different communities. We will demonstrate the use of quick coping techniques that can be done anywhere, require no special preparation or equipment, and rapidly decrease the amount of stress hormones in the blood. Lastly, we will review several programs available to UPMC Health Plan members including Less Stress, the Stress Management health coaching program.

**Target Audience:**

All medical professionals, behavioral health professionals, school personnel, community members, researchers.

**Three (3) learning objectives**

By the completion of this session, participants should be able to:

1. Define stress and recognize the impact of chronic stress on human functioning.

2. Recognize the impact that COVID-19 has had on the average American's stress level and how participants can manage patient stress while managing their own.

3. Utilize demonstrated quick coping techniques to mitigate the effects of stress on the body and mind.

**Three (3) current (within the past 10 years) peer-reviewed publications that support the evidence base for the content of your presentation**

Greenberg, Neil. (2020, March 26). "Managing Mental Health Challenges Faced by Healthcare Workers during Covid-19 Pandemic." *BMJ*. doi: <https://doi.org/10.1136/bmj.m1211>

North, C., Pfefferbaum, B. (2020, August 6). "Mental Health and the Covid-19 Pandemic." *Perspective*. <https://www.nejm.org/doi/full/10.1056/NEJMp2008017>

Brooks, S, Webster R, Smith L, Woodland L, Wessely S, Greenberg S and Gideon J. The psychological impact of quarantine and how to reduce it: rapid review of the evidence. *Lancet* 2020; 395: 912–20