

Economic Trends, Concerns, and Stress Factors

VIRTUAL LUNCH CONFERENCE



45 MINUTES

Including presentation, discussions, and questions.



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This presentation is intended for anyone concerned about the current economic uncertainty and its potential psychological impacts, both on themselves and those around them.

The current economic uncertainty can generate various psychological reactions, ranging from simple discomfort to high levels of anxiety. Through concrete examples, theoretical references, and experiential testimonies, this presentation offers insight into these issues while providing ways to better understand and support those who feel its effects.

OBJECTIVES

- Describe the psychological impacts related to economic uncertainty;
- Recognize manifestations of insecurity, stress, and anxiety;
- Distinguish different types of reactions and personalities in the face of uncertainty;
- Present prevention factors to promote resilience;
- Propose practical solutions to better manage worry;
- Better equip oneself to support people concerned about the situation.

