



Thao Nguyen Foundation Inc. Newsletter

17th Issue
December 2020

TOGETHER, WE BRING LIGHT TO MENTAL HEALTH AWARENESS

Greetings from the President

Nhung Hendy

Welcome to the seventeenth issue of TNF newsletter. I hope that this newsletter finds you all safe and healthy. As I write this column, Thanksgiving is upon us. This year, for the first time, my husband, Ted, and I will not travel to Utah to visit his parents for Thanksgiving. Instead, we will have a virtual family get-together via Facetime. As you know, the Center for Disease Control (CDC) as well as Governor Hogan have recommended that we stay home to celebrate Thanksgiving with our immediate family to reduce the likelihood of contracting the corona virus. I hope that you will heed this advice and stay safe at home during this holiday season. Please do not hesitate to reach out to me or call or text to the numbers listed below if you need to talk. Know that help is just a phone call or a text message away.

When our last newsletter went to press, we did not know which student from Drexel University would be the recipient of this year's Thao Nguyen Memorial Scholarship. I am happy to report that Billy Nguyen, a senior English major with a minor in writing at Drexel University, was selected. According to Professor Roger Kurtz, Chair of the English & Philosophy Department, Billy

is an academically gifted student with an overall GPA of 3.79. Please join me in wishing Billy all the best as he completes his senior year.

Please mark your calendar. The wait is over. Our Daybreak juried art show's Opening Reception will be on **Saturday, April 24th, 2021 at 501A York Road in Towson, MD.** More details will be posted on our web site in late January of 2021 when we finalize the catalog for the show. I hope to see many of you at the Opening Reception where the winners of the competition will be announced. I would like to thank Deirdre Aikin for her generosity in letting us use her gallery for the Art Show. It would be remiss not to mention the unwavering support from artists who submitted their works to the show. In closing, please accept our sincere thanks for your continued support over the years. Have a safe and healthy holiday season as well as a Happy 2021!

Please call or text to the following numbers in case you need help

- **National Suicide Prevention Lifeline:**
 - Call 1-800-273-TALK(8225)
- **Crisis Text Line:**
 - Text TALK to 741-741
- **The Trevor Project (LGBTQ Crisis Line)**
 - Call 1-866-488-7386
- **Maryland Helpline:**
 - Call 211 or text your zip code to 898-211

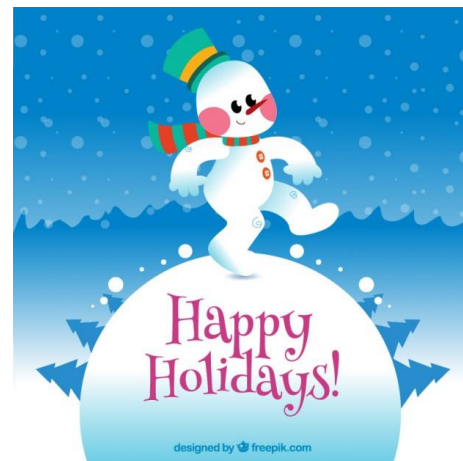


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IF YOU WANT TO CONTRIBUTE AN ARTICLE

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Research summary in COVID-19 related mental health problem

Summarized by Nhung Hendy

A group of researchers from the University of Pennsylvania, Department of Psychiatry, the Lifespan Brain Institute of the Children's Hospital of Philadelphia and Penn Medicine, and the Children's Hospital of Philadelphia Department of Child Adolescent Psychiatry and Behavioral Sciences in Philadelphia, PA were among the first to have conducted a large-scale study of more than 3,000 adults, in which they found that **resilience** played an important role in reducing stress, anxiety, and depression during the first two weeks of April when the country was under the "Stay at home" order due to the pandemic.

Study participants were significantly **more stressed about family contracting COVID-19** (shared by 49% of the participants) **and unknowingly infecting others** (36% of participants) **than getting COVID-19 themselves** (20% of participants). There were no significant differences in patterns of COVID-19 related worries, rates of anxiety, and depression among healthcare providers and non-healthcare providers. **Those reporting a higher level of resilience** measured by the authors' developed resilience scale **were found to have lower levels of COVID-19 related worries, anxiety, and depression**. The pattern of results was consistent between healthcare and non-health care providers

subgroups. One takeaway from this study is that we should and can build our **resilience** by being aware of our own emotion, staying optimistic, being flexible, believing in ourselves, reaching out to others for social support, and having a sense of humor.

Reference:

Barzilay, R., Moore, T.M., Greenberg, D.M., DiDomenico, G.E., Brown, L.A., White, L.K., Gur, R.C., & Gur, R.E. (2020). [Resilience, COVID-19 related stress, anxiety, and depression during the pandemic in a large population enriched for healthcare providers.](#) *Translational Psychiatry*, 10, 1: Open Access.



Video games and well-being

By James Manley

Probably you've heard: the vaccines are **on the way**! The end to lockdown is at least in sight, if not imminent. Unfortunately, the impact of COVID-19 is likely to continue, both physically and increasingly mentally. A [recent study](#) (published in November 2020) finds that a COVID diagnosis is associated an increased risk of mental health problems including anxiety, depression, and insomnia. Yet another reason to be careful when you go out. Further, the reverse is also true: although this data just shows correlation and not



causation, folks with a psychiatric diagnosis in the past year are more likely to come down with COVID.

On the other side, there is actually some positive news. [A study](#) logging time spent playing video games concluded that for some games, at least (Plants vs. Zombies and Animal Crossing) more time spent playing is associated with a small increase in feelings of well-being. Guess there is some reason people are expected to spend **over \$150 billion** on video games in 2020. (Did you know that a [2019 study](#) found that 42% of British people between the ages of 55 and 64 play games, and even 25% of 65 year olds?) Of course, caveats still apply -video games can be addictive for some people, and it is always good to get exercise, eat and sleep well. However, I'll take it: as the lockdown continues, it is good to know that one of our vices might not be bad for us.

