

## Vaccinations Provide Psychological Comfort

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Covid-19 vaccinations are providing psychological comfort for those who have been living in fear and anxiety in the past year. Psychological comfort defined by Forbes.com, "Psychological comfort is all about being at peace with ourselves when we challenge our emotional rigidity, envision how we want our days to go and embrace emotional integrity..." I have heard the following comments from individuals after receiving their vaccination, "I feel good knowing I won't be hospitalized or die". "I feel good I have contributed to the well-being of mankind".

As a psychotherapist, providing therapy on zoom and other platforms, and after receiving both covid-19 vaccinations, I am more receptive to seeing clients in my office wearing masks and six-feet apart. While I stood in line waiting for my second shot, people were laughing, smiling and talking about seeing family and friends now that they are vaccinated.

Conversely, there are those (teachers) who are disappointed and angry they have to wait to get their vaccination shot. There is fear of being exposed to covid-19. The teachers need psychological comfort.

A client I have been treating for anxiety wrote. "On March 1, 2021, I was lucky enough to secure a dosage of the Pfizer vaccine due to an overage/cancellation. It was probably the single greatest birthday gift that I have ever received, nearly a year to the date that the world shut down. For context, I was in therapy for much of 2020 to address issues with anxiety and I picked up some wonderful tools and practices that were instrumental in managing my well-being. I felt more in control of my anxiety and used these tools daily to keep balanced. Receiving the vaccine has been an added layer of reassurance for me personally. The psychological comfort in knowing that if my PPE fails, there is a vaccine protecting my body from harm is immeasurable. The vaccine won't magically melt any anxiety you have surrounding covid, however coupled with the right tools in your toolbox, and proper usage of PPE, it will certainly make life more enjoyable and brings a sense of normalcy we all yearn for these days".

Another client looked at me with a sigh of relief and uttered these words, "It's a freeing experience. It was truly a kodak moment".

My clients and the citizens I have encountered express a general consensus, the vaccine has ushered in "a sense of solace and psychological comfort" [1-3].

### Bibliography

1. Forbes.
2. Forbes Magazine.
3. [www.forbes.com/](http://www.forbes.com/)

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