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# How To Panic Properly In A Pandemic

Webinar

11am (UK) on Friday, 11 December 2020





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# A Word From Today's Chairman



**Professor Michael  
Mainelli**

Executive Chairman

Z/Yen Group



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# Agenda

- 11:00 – 11:05      Chairman's Introduction
- 11:05 – 11:30      Keynote Address - Dr Raj Persaud
- 11:30 – 11:45      Questions & Answers



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## How To Panic Properly In A Pandemic



**Dr Raj Persaud**

Consultant  
Psychiatrist and  
Fellow

Royal College of  
Psychiatrists





# AN OPENING POLL

What is the essential difference between a psychologist and a psychiatrist?

- a) A psychologist believes everything comes down to sex while a psychiatrist dispenses electro-shock treatment
- b) To become a psychiatrist you have to be yourself in therapy first, but anyone can be a psychologist
- c) One involves having to go to university and the other you can do in a course over a week-end, but I forget which



## A SECOND POLL

What is the technical definition of worry? Just in case you didn't understand the question - when brain scientists refer to the term worry in order to study it - what mental phenomenon are they referring to? How do they dispassionately define it?

- a) Anything that keeps you up at night
- b) Dwelling on a thought so much it preoccupies you to the exclusion of any other idea
- c) Any bad feeling inside your head you can't get rid of despite your best efforts
- d) What happens when your spouse unexpectedly picks up your phone, and you suddenly can't remember if you deleted everything you needed to
- e) None of the above - if you choose this one can you come up with a better definition?



















## A FINAL POLL

Everyone says you need a sense of humour in order to survive the pandemic but is that true? What about people who should have the best sense of humour of all? Professional comedians? Didn't Robin Williams kill himself? Researchers have examined the life-time longevity of comedians, and in particular double acts, think of Laurel and Hardy, Bud Abbott and Lou Costello, Eric Morecambe and Ernie Wise - and in most comedy double acts, one person plays the straight guy and the other plays the funnier protagonist - so which one tends to die first? Is it random? Or does the straight man or the funny guy statistically have a much higher chance of dying earlier? What is your answer?

- a) It's random and funny or straight makes no difference
- b) It's the straight man - he or she gets upset (perhaps bitter and resentful) in the long run, because he isn't the one the audience is enjoying - its their partner who gets all the laughs
- c) It's the funny guy - he or she feels a pressure to be funny all the time even off stage and this gets to them in the end
- d) The question is set up wrong - both answers can be right because of Yogi Berra's (the famous baseball player) quote - 'when you come to a fork in the road... take it'.



# QUESTIONS & DISCUSSION, ANSWERS?





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- Thursday 17 Dec (08:30) [Healthcare Investment And Collaboration Between China & Europe](#)
- Thursday 17 Dec (15:00) [What If? Future Banking Failure Resolution – The UK As A Case Study](#)

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