

## WFWP Italy's webinar: Anxiety and Stress in the Family and Out of the Family

Elisabetta Nistri

August 6, 2020



WFWP Italy held a Zoom webinar entitled "Anxiety and Stress in the Family and Out of the Family at the Time of Social Distancing," which detailed the "before" and "after" psychological impacts of COVID-19. Dr. Massimo Agnoletti discussed temporal orientation, which is a branch of psychology developed in the last thirty years.

Elisabetta Nistri welcomed all participants by introducing WFWP's stance on peace. She underlined how important peace is and how family is the best place to learn these practices.

Women and mothers at home have had to do a lot to create harmony in the family during times of lockdown. It is important to learn more on psychology and peace to help our families, neighbors, and society.