

# SUMMARY OF PRESENTATION

## Healing of Hearts and Minds in the Era of COVID-19

Si-hyung Lee

Psychiatrist & Director, Serotonin Cultural Institute

**Keywords: COVID-19, the immune system, serotonin, healing**

COVID-19 has hurt and depressed people.

Strengthening the immune system and increasing serotonin, one of the happy hormones, are critical in healing the wounds and depression.

This presentation will look at why the immune system is important and the lifestyle that boosts the immune system as well as what serotonin, a happy hormone, and how to activate it.