Physical Distancing and Loneliness: How to Stay Socially Connected

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Staying well and calm in the midst of the COVID-19 storm
Evidence-based tactics that work!
Tips for Sleeping Soundly from Session #4

Daytime Routine
- Keep a consistent schedule for sleep & exercise
- Limit daytime naps to 30 minutes

Evening Tips
- Limit exposure to bright light
- Avoid caffeine in the late afternoon/evening
- Avoid consuming alcohol before bedtime
- Jot down what is on your mind and then set it aside

Bedtime Sleep Hygiene
- Turn off electronic devices at least 30 minutes before bedtime
- Set a bedtime early enough to get at least 7 hours of sleep
- If you don’t fall asleep after 20 minutes, get out of bed
- Keep bedroom at a comfortable, cool temperature
Loneliness, Social Isolation, & Health

- Increased rates of depression, cognitive decline, and dementia
- Increased risk for premature mortality
- Can have a similar effect on your heart as smoking 15 cigarettes a day
- More harmful than obesity
Loneliness, Social Isolation, & Health

• Can impair executive functioning in brain

• Increased unhealthy food consumption and aggressive behaviors
Health Benefits of Socializing

- Better physical health
- Better mental health
- Lower risk of some diseases
- Helps problem solving
- Boosts creativity
- You may live longer!
Social Distancing vs. Physical Distancing
Reframe Loneliness to Solitude VS.
#1 Developing a mitigation plan is an important first step.

How can we stay connected
How can we stay connected

#2 Continue to make small talk.
#3 Talk to a family member or friend each day.

How can we stay connected
• Zoom, Google Hangouts, Facetime & Skype with family and friends
• Call people in lieu of sending a text
• See people while keeping your distance
How can we stay connected

#4 Build / Re-build connections with those who are at home with you.
The Power of Human Touch

- Touch increases oxytocin
- Reduces stress & pain
- Increases trust & security
- Enhances immune function
#5 Shift expectations about productivity and performance.
We are not superhumans!
#6 Engage community support.
Local opportunities
Carolining
Porch concerts
Scavenger hunts
House decorations
Car parades
#7 Interact with others in new and different ways.
• Virtual happy hours
• Virtual book clubs
• Virtual game nights
• Virtual field trips
• Livestream everything
• Play board games over the internet
• Netflix Parties
#8 Help someone every day.

Consider virtual service opportunities
HELLO
LET ME KNOW IF YOU NEED HELP?

MY NAME IS ________________________  MY PHONE NUMBER IS ________________________

I LIVE IN THE NEIGHBORHOOD AT ____________________________________________

IF YOU AND YOUR FAMILY NEED HELP DURING THE PANDEMIC, PLEASE LET ME KNOW.

☐ PICK UP GROCERIES / FOOD  ☐ WALK A DOG
☐ A FRIENDLY PHONE CALL  ☐ MOW A LAWN or SHOVEL A DRIVEWAY
☐ URGENT SUPPLIES  ☐ HELP WITH GARDENING

JUST CALL OR TEXT AND I’LL DO MY BEST TO HELP—FOR FREE.

This new coronavirus is highly contagious. To ensure that we only spread kindness with each other, please take every precaution to avoid physical contact with others (keep 6 feet away), wash your hands with soap frequently, and follow other social-distancing direction given by the authorities.

For other kindness resources for you & your family, visit www.randomactsofkindness.org

If you want to spread kindness in your neighborhood, you can download these blank forms at www.randomactsofkindness.org/kindness-resources
#9 Do random acts of kindness.
How we can stay connected

#10 It is ok to be vulnerable.

Whatever you do, don't suffer in silence.
How we can stay connected

Online Support Groups
Community Organizations
Faith-based Groups
Social media
Group & one-on-one counseling

National Suicide Prevention Line
1-800-273-TALK (8255)
Stay connected to YOU

Continue to do the things you LOVE

Read
Dance
Engage in the Arts
Meditate
Sing
Believe

Laugh
Do Yoga
Draw
Play in the Great Outdoors

Hope
Listen to music

Plan for the future
Walk your dog

Board games
Fish

Engage in long-forgotten hobbies, neglected passions and unfulfilled dreams
Who do I want to be during COVID-19?

FEAR ZONE
- I grab food, toilet paper, and medications that I don’t need.
- I spread emotions related to fear and anger.
- I complain frequently.
- I forward all messages I receive.
- I get mad easily.
- I start to give up what I can’t control.
- I stop compulsively consuming what hurts me, from food to news.

LEARNING ZONE
- I identify my emotions.
- I evaluate information before spreading something false.
- I recognize that we are all trying to do our best.
- I make my talents available to those who need them.
- I think of others and see how to help them.
- I become aware of my situation and think how to act.

GROWTH ZONE
- I live in the present & focus on the future.
- I am empathetic with myself and with others.
- I thank and appreciate others.
- I keep a happy emotional state and spread hope.
- I look for a way to adapt to new changes.
- I practice quietude, patience, relationships, & creativity.

- Manoj Saxena
And the people stayed home. And read books, and listened, and rested, and exercised, and made art, and played games, and learned new ways of being, and were still. And listened more deeply. Some meditated, some prayed, some danced. Some met their shadows. And the people began to think differently. And the people healed. And, in the absence of people living in ignorant, dangerous, mindless, and heartless ways, the earth began to heal. And when the danger passed, and the people joined together again, they grieved their losses, and made new choices, and dreamed new dreams, and created new ways to live and heal the earth fully, as they had been healed.
Challenge

#1 Reach out to someone new!
#2 Practice a random act of kindness.
Thank You

Office of the Chief Wellness Officer and Buckeye Wellness

We appreciate your feedback!
Please complete a brief survey following this presentation: [https://go.osu.edu/calmandwellsurvey5](https://go.osu.edu/calmandwellsurvey5)

This will be sent via email to all registrants.
Next week

May 13, 2020 12:30 - 1:00 pm

Building Resiliency Skills: A Necessity in the COVID-19 Epidemic

Dr. Jackie Hoying

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Resources from Everyday Health

- 10 Virtual Ways to Escape Reality/Connect With Others During the Coronavirus Pandemic
- How and Where to Volunteer During the Coronavirus Pandemic
- Raising Awareness and Fighting Loneliness Through Art
- Isolation: The Hidden Risk of ‘Social Distancing’