



# DEALING WITH ISOLATION DURING COVID-19

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P E A C E

I LEAVE WITH YOU;

MY P E A C E

I GIVE YOU. I DO NOT  
GIVE TO YOU AS THE  
WORLD GIVES. DO NOT  
LET YOUR HEARTS  
BE TROUBLED AND  
DO NOT BE AFRAID.

- J O H N 1 4 : 2 7 -

[exploreGod.com](http://exploreGod.com)

# INTERESTING TIMES...

- This is a shift from our “normal”
- Allows us to pivot
  - Job/Careers
  - Relationships
  - Routines
  - Finances
  - Passions

# PHYSICAL DISTANCING

- Let's use this terminology rather than social isolation to reframe how we approach this
  - It is critical to practice physical distancing to “flatten the curve” as to not overwhelm our medical systems with critically ill patients
- We can acknowledge that some of us to live alone without shifting to a place of loneliness



# Loneliness VS. Aloneness

- Leader feel alone in their Responsibilities , but never feel Lonely

## LONELINESS

Loneliness is a lack, a feeling that something is missing, a pain, a depression, a need, an incompleteness, an absence.

## ALONENESS

Being alone simply means that you are in solitude.



Being

alone

does not mean you are

lonely,

and being

lonely

does not mean you are

alone.

## RULES OF ENGAGEMENT

- Acknowledge how you feel
- It is okay to grieve the loss of how life was and how it has changed
- A sense of uncertainty is expected
  - Sleeping and eating disturbances

# RULES OF ENGAGEMENT

- On the days when you can, set a schedule to follow so that you can be productive but also relax
- Create a weekly social calendar
  - Happy hour via Zoom/Google Hangouts/Google Duo/What's App
  - Attend church and bible study via livestream
    - CMBC
    - Alfred Street
    - Friendship West
    - The Potter's House
    - Lighthouse Church



# RULES OF ENGAGEMENT

- If possible, keep appointments utilizing technology
  - Physical therapy
  - Behavioral therapy
  - Routine doctor visits

# RULES OF ENGAGEMENT

- Civic and social groups
  - Prayer calls
  - Dance parties

# RULES OF ENGAGEMENT

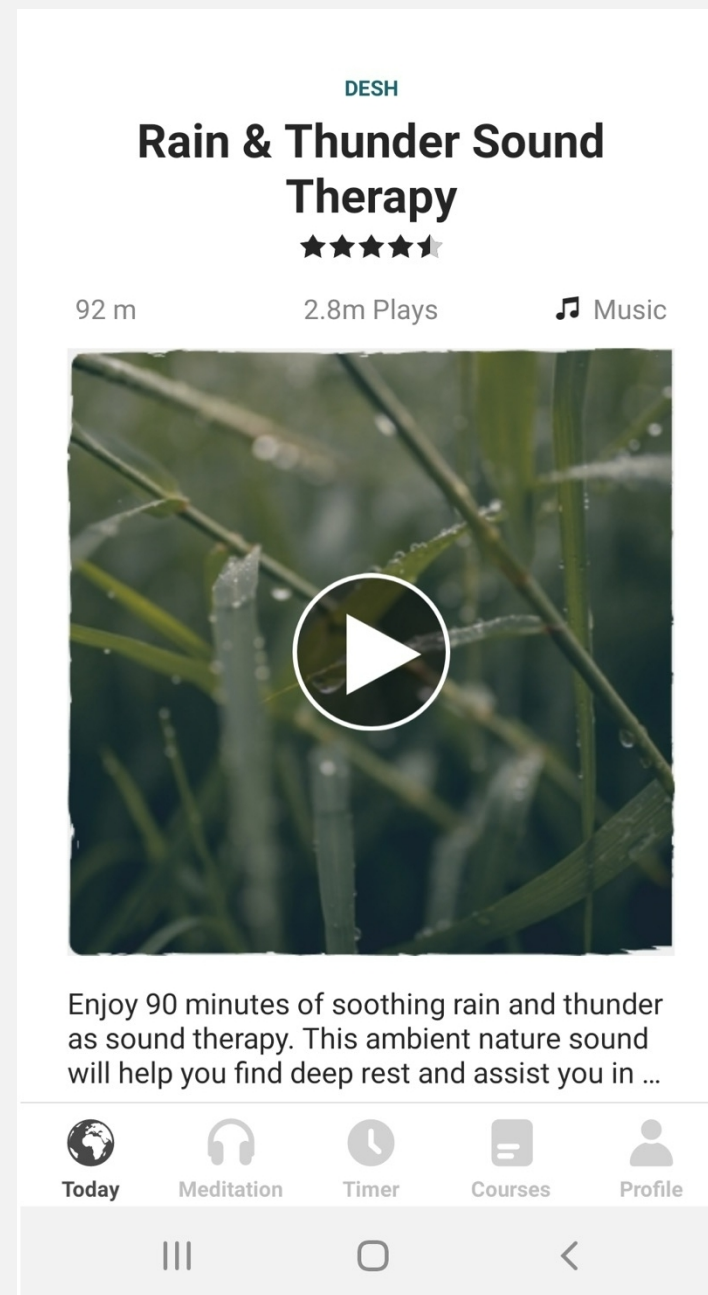
- Identify at least 1-2 people in your life that you can mentally/emotionally check in with at least weekly
  - Are they safe for you to be vulnerable with?
  - Do they have the capacity for you to share?
    - Be sure to ask!
    - Keep boundaries in place
- Schedule phone calls/emails/video chats
  - Family
  - Friends

# RULES OF ENGAGEMENT

- Clean
  - Spring cleaning!
- Sort/De-clutter
  - Bins/boxes
- Organize
  - The closet
  - Books/DVDs/Music

# RULES OF ENGAGEMENT

- Have fun!
  - Exercise/move your body!
  - Netflix
  - IG: Club Quarantine with DJ Nice
  - Catch up on reading
  - Game night
  - Dating???



## OTHER RESOURCES

- Podcast
  - Therapy for Black Girls
  - The Love Hour
  - Questlove Supreme
  - Is this going to cause an argument?
- YouTube
  - Can typically find the recording for some podcasts
  - Comedians/Comedy specials
  - HGTV and Food Network shows
    - House Hunters
    - My Lottery Home

QUESTIONS?