



## Practice 1: Coping with the psychological Effects of Social Distancing and Quarentine

 **The fact is that....** Millions of people in the world have been forced into staying at home, be it as a mechanism to reduce their risk of contagion by the coronavirus, or because they already are suspicious of being sick; thus, they have to quarentine for 14 days at least. Even if it might seem that these practices do not demand so much from us (in principle, there is nothing wrong with spending more time at home, right?) the fact is that the complete disruption that this lifestyle change supposes in our lives can also lead us to significant changes in our mood and that of those who live with us and stay at home 24 hours a day...7 days a week!

 **Did you know that...** when we feel forced to do social distancing or cuarentine (as opposed to do it voluntarily) our stress significantly increases? The more common feelings in situations of prolonged confinement (specially when we don't know how long this is going to last) are anger, frustration, exhaustion, irritability, insomnia, a reduced capacity for concentration, indesiciveness, a reduced capacity for work or even resistance to work. Furthermore, these extended periods can generate a low mood, emotional disturbances and an increased risk of consuming alcohol, particularly when we don't know how to cope with these feelings.

Prepared by Dr. Jessica Price:  
[Visit her webpage clicking here!](#)



## Practice 1: Coping with social distancing....

**What can we do? Take a deep breath,** and consider the following strategies:

- ✓ Communication and more communication: specially among couples, after so many days of staying inside, asking each other: “how are you doing today?” And allowing each other’s permission to say how you are truly feeling, makes this a practice of self-care but also a way of taking care of the relationship.
- ✓ Do you need personal space? When we cannot outside of home, one of our first losses is that of personal space. Don’t be afraid of asking your loved ones to allow you a moment alone whenever you might need it (even if it is only 5 minutes!) and accept if others need it as well. Families could even designate a space at home that could be a “time out” zone and take turns!
- ✓ Focus on the small things that happen in the present moment: The future after a pandemic can appear uncertain and even catastrophic. This is why it is important to focus on the present moment, the here and now, focusing on the good things that still remain stable in our lives and that one can control
- ✓ A dose of gratitude can do us good, specially during periods of social isolation, if we can recognize that, in spite of everything that is happening, there are still good things that remain stable in our lives. Gratitude has a real positive impact in our mood, and as a bonus, it has a positive effect on our self-esteem!

Prepared by Dr. Jessica Price:  
[Visit her website clicking here!](#)