DEALING WITH SOCIAL ISOLATION AND LONELINESS

Although some people may find solitude beneficial, many others struggle to deal with issues like boundaries, efficiency, stress, and loneliness when working from home. What can we do in the mean time?

The following are some ideas and tips of ways to cope with the social isolation and loneliness.

1. Connect with friends and family. Social isolation tends to be accompanied by feelings of sadness and/or anxiety. Loneliness can be understood as that state when you feel disconnected from others.

2. Write emails or letters. Writing a letter to loved ones helps to reduce the stress and unease associated with the current epidemic. A simple work schedule with priorities and deadlines can come assist with this.

3. Be aware of the potential benefits of solitude. Despite our social isolation, there has been a drastic reduction in blood donors and sanitation workers, security guards, ayis, store clerks, and the issues associated with working from home doesn’t mean there is no way to maintain a normal existence. Some types of social interactions may be possible to continue (in-person and online) about what this situation has taught us will encounter readjustment issues as we return to work.

4. Small interactions can be meaningful. Especially for those who are quarantined or out of work, small conversations can brighten up one’s day—yours and others’!

5. Engaging in small conversation can brighten up one’s day—yours and others’!

Realizing that loneliness is a feeling, not a fact, can help us to reframe how we see our condition. How much is there to how you feel connected to others? It’s possible to feel connected to others, even from a distance.

So, here are some ideas to get you started thinking about how you can take constructive action:

First of all, it’s important to understand the difference between isolation and loneliness. Some types of social interactions may be possible to continue (in-person and online) about what this situation has taught us.

Loneliness can be understood as that state when you feel disconnected from others. This is inevitably an opportunity for learning and growth. I encourage you to engage in small conversations with others, try to maintain relationships with friends and family, and do your best to connect with others.

In some cases, an online conversation can be meaningful. Despite our social isolation, there has been a drastic reduction in blood donors and sanitation workers, security guards, ayis, store clerks, and the issues associated with working from home doesn’t mean there is no way to maintain a normal existence. Some types of social interactions may be possible to continue (in-person and online) about what this situation has taught us.

1. Connect with friends and family. Social isolation tends to be accompanied by feelings of sadness and/or anxiety. Loneliness can be understood as that state when you feel disconnected from others.

2. Write emails or letters. Writing a letter to loved ones helps to reduce the stress and unease associated with the current epidemic. A simple work schedule with priorities and deadlines can come assist with this.

3. Be aware of the potential benefits of solitude. Despite our social isolation, there has been a drastic reduction in blood donors and sanitation workers, security guards, ayis, store clerks, and the issues associated with working from home doesn’t mean there is no way to maintain a normal existence. Some types of social interactions may be possible to continue (in-person and online) about what this situation has taught us.

So, here are some ideas to get you started thinking about how you can take constructive action:

First of all, it’s important to understand the difference between isolation and loneliness. Some types of social interactions may be possible to continue (in-person and online) about what this situation has taught us.