



Resources to Share

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Here is a summary of research on social distancing, quarantine, and isolation, as well as recommendations on how people can cope if asked to take such measures.

What does *Pastoral Care* look like using social distancing?

- checking in on people - especially at-risk populations
- listening to understand - use 'active listening' skills
- Pray over the phone, via Zoom, email or send short personal prayers via text
*** however the person you are reaching out to communicates

What to expect (& is important to validate):

Common stresses include a decrease in:

- meaningful activities and social engagement
- financial strain from being unable to work
- a lack of access to one's typical coping strategies (gym, yoga, worship)

Common experiences during social distancing, quarantine or isolation:

- fear, anxiety, trouble sleeping or focusing
- sadness, boredom or depression
- anger, frustration, or irritability

Vulnerable populations:

- single parents
- elderly
- immune-compromised (Auto-immune disorder, transplant recipients, cancer patients...)
- people who live alone (loneliness)
- nursing or mental health facility residents

How to cope:

- **Limit news consumption to reliable sources.**

Find a News/Media versus non-News/Media balance

Get your news from trusted sources, such as:

- US Centers for Disease Control and Prevention
- US Substance Abuse and Mental Health Services Administration (SAMHSA)
- World Health Organization
- **Create and follow a daily routine** - It helps keep a sense of order and purpose.
- **It is easier to ADD a behavior than it is to *take away* a behavior out of our routine**
If we focus on what we can no longer do, we create our own suffering. Instead, focus on something that excites you, relaxes you, makes you a healthier person and focus on those benefits



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Stay virtually connected with others:

- *Access your social support - Don't underestimate the power of your phone to connect*

Use phone calls, text messages, video chat and social media

*** If you're feeling sad or anxious, talk to others about your experience

** Reach out to those you know who are in a similar situation

* Facebook groups have already formed to support people asked to quarantine

- *Check-in with your church leaders*

*** however THEY best communicate (voice, text, snail mail, email Facebook, Zoom..)

- Zoom is HIPPA compliant -- great way to continue your small groups

- *Pets are wonderful for emotional support*

*** No current evidence indicates that pets can contract or pass COVID-19 on

** Recommend restricting contact with pets if you contract COVID-19 until the risks of transmission between humans and animals are better understood

<https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19>

- *Maintain a healthy lifestyle*

*** Get enough sleep, eat well and exercise in your home to your physical ability

** Consider telehealth options for psychotherapy (phone or online options)

Stress management with psychological strategies:

- *Be thankful in what you've gained; see the silver lining*

How often do we wish for more time at home? How could I use this time at home that would make my life better in some ways? Home projects? Learn something new (language, skill

-mindfulness), spend time in nature has healing effects on anxiety and depression - at least open a window and enjoy the sounds and smells of the outdoors

- *Validate that this is a scary time - but don't indulge in sharing gossip-like news*

People could be seeking accurate information

*** Keep yourself up-to-date on what is known and what is not known

- *Objectively examine your worries; be realistic about your concerns & coping ability*

*** Try not to catastrophize; instead, focus on what you can do

** Accept the things you can't change: some helpful techniques:

* Daily gratitude journal

- *Smartphone apps with mindfulness or relaxation exercises*

*** **PTSD Coach**, free application with exercises for deep breathing, positive imagery,

muscle relaxation and more (U.S. Department of Veterans Affairs' National Center for PTSD & Department of Defense's National Center for Telehealth and Technology)

** **Headspace**, meditation, mindfulness, and sleep (paid) app. Learn to meditation in a few minutes a day with Headspace.



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- *Focus on altruistic reasons for social distancing, quarantine or isolation*

Remember that by taking such measures, you are reducing the possibility of transmitting COVID-19 and protecting those who are most vulnerable.

Social distancing and social isolation

- Watch for signs of isolation's impact on mental health and those having difficulty coping.

- [National Suicide Prevention Lifeline](#) 1.800.273.8255
- [Suicide Prevention](#) (US Department of Veterans Affairs)

How to talk to children

- [After a Crisis: How Young Children Heal](#) (PDF)
- [Ready Wrigley: Books, Posters and Check-lists for Kids and Families](#) (CDC)
- [National Child Traumatic Stress Network](#)

NCTSN provides education and technical assistance for parents, schools, the media and behavioral health professionals who work with traumatic stress in children.

- [Just For Kids: A Comic Exploring The New Coronavirus](#)

NPR education reporter Cory Turner's story about what kids want to know about coronavirus spurred the creation of this comic.

LINKS

Articles:

COVID-19: Potential Implications for Individuals with Substance Use Disorders

<https://www.drugabuse.gov/about-nida/noras-blog/2020/03/covid-19-potential-implications-individuals-substance-use-disorders>

The psychological impact of quarantine and how to reduce it: Rapid review of the evidence

[https://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(20\)30460-8/fulltext](https://www.thelancet.com/journals/lancet/article/PIIS0140-6736(20)30460-8/fulltext)

Coronavirus and Mental Health: Taking Care of Ourselves During Infectious Disease Outbreaks

<https://www.psychiatry.org/news-room/apa-blogs/apa-blog/2020/02/coronavirus-and-mental-health-taking-care-of-ourselves-during-infectious-disease-outbreaks>

Webpages:

National Suicide Prevention Hotline <https://suicidepreventionlifeline.org/>

Veteran Affairs: Mental Health https://www.mentalhealth.va.gov/suicide_prevention/

CDC Preparedness for Families <https://www.cdc.gov/cpr/readywrigley/index.htm>

American Veterinary Medical Association <https://www.avma.org/resources-tools/animal-health-and-welfare/covid-19>

PDF links:

Helping Young Children Heal

https://www.nctsn.org/sites/default/files/resources/after_a_crisis_helping_young_children_heal.pdf