

April 2020 Newsletter



Social Distancing

Before COVID-19, this country and this world were alive. From the hours of midnight to noon, someone was always awake, always busy, and always doing something. It is unlike Americans to engage in this “sit and stay” mentality. This country is home to the doers, the go-getters, the people that never sleep. Therefore, it is no surprise that this period of social distance caused nation-wide panic. One can start to feel shut-in and alone when their daily routines and human interactions are no longer available to them. When weeks of self-quarantine

turn into months, fear and loneliness are bound to set in.

What is social distancing?

When a highly contagious disease breaks out, such as Coronavirus, public health officials will often ask people to practice “social distancing.” Measures of social distance include: reducing the size of large group meetings, closing stores and businesses, and canceling public events. These measures are used to prevent a sick person from interacting and spreading the disease to a healthy person; ultimately reducing or stopping the overall transmission of the disease.

Why is social distancing hard?

According to *Psychology Today*, humans are built to interact with others. Social interaction is how we satisfy our need to be included and form close relationships. When we are deprived of our casual conversations and intimate friendships, we can start to feel an emotional strain or distress known as loneliness. Loneliness can make humans feel sad, isolated, and distanced from others. Currently, American is in a period of social distancing. For some, this prevents them from physically interacting with their friends, significant others, and extended family. Therefore, social distancing deprives

one of socializing, similar to the negative effects of loneliness, it can leave one feeling empty and craving social connection.

Avoid getting lonely

Remember:

1. There is a difference between “being alone” and “being lonely”
2. Foster the deep connections you have with others
3. Practice kindness and gratitude

Dr. John Sharp, a Harvard Health blogger, tells readers to remember these three things when they start to feel alone. Sharp suggests using this moment of “alone time” to reflect on one’s relationships, the memories one’s made from them, and the future aspirations they seek to continue in these relationships. Although it may not be possible to physically meet with loved ones, technology makes it possible to talk virtually and reminisce about the experiences and focus on the emotional ties that keep these relationships alive. Also, Sharp talks about the importance of being kind to yourself and others, and for showing appreciation in life. By showing kindness and gratitude people feel more connected to one another. Overall, Sharp says: “Be good to your precious self. There is no real need for loneliness. You are not alone.”

Wrapping it up

America may be in a time of social distance and public isolation. However, it is important to remember that we only need to physically distance oneself from others. We do not need to emotionally distance ourselves. Now is the time to appreciate what the business of life often steals away: quality time with your kids or siblings, a technology that allows everyone to keep in touch, a moment to breathe, and the freedom to go outside and enjoy nature.

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