

How to cope with feelings of isolation, loss and loneliness

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Social Isolation (Lack of interactions with others)

- Enforcement rather than choice
- Proximity to others perceived as dangerous
- Deterioration of relationships
 - Domestic violence
 - Increased conflict

Social Isolation



- Lack of movement and nourishment; 2 fundamental vehicles to communication
- Less than 10 days of isolation already has psychiatric effects
 - Exhaustion
 - Detachment from others
 - Anxiety
 - Irritability
 - Insomnia
 - Poor concentration and indecisiveness
 - Deteriorating work performance
 - Reluctance to work or consideration of resignation



Loneliness (People need people)

- Stress increases
- Brain function decreases
 - Poor decision making
 - Memory decreases
 - Alzheimer's
- Heart problems and stroke
- Depression (suicide)
- Antisocial behaviour
- Substance abuse



Loneliness's damage to physical health

- Smoking 15 cigarettes a day
- Between 26% to 50% more likely to die

LOSS




- Power
- Invulnerability
- Choice
- Control
- Loved ones
 - Sense of guilt of accidentally causing infection
 - Not being with them at time of death
 - Unable to honor them with a funeral

LOSS



- Anguish for our uncertain future
- Anger
- Amplification of:
 - Pain of death
 - Depression
 - Alcohol consumption
 - Drug consumption
 - Risky behaviour
 - Risk of suicide



Compassion satisfaction

- The pleasure one derives from doing one's job, helping others



Compassion
satisfaction
decreases

- Caregiver fatigue
- Caregiver burnout
 - Expectation versus results
 - Lack of control
 - Unreasonable demands
 - Role confusion
 - Work load

Psychological
results from
isolation,
loneliness and
loss

- Giving up
- Postponing
- Delegating
- Complaining



Depression


Management

- Awareness
- Refusing to yield



Refuse to yield (physical/social)

- Exercise
- Touch therapy
- Share feelings
- Socialize:
 - Share like interests on platforms
 - Netflix Party
 - House Party
- Seek help



Refuse to yield
(spiritual/
emotional)

- Find SOMETHING positive
- Discover SOMETHING to be grateful about
- Give SOMETHING to somebody every day, without expectation to get back