

# Staying Sane in Times of Physical Distancing

Social Connection, Structure, and Fun

# Informed Consent

- Information given are examples, not recommendations
- Please adhere with all CDC and state health authority above all else
- If your medical doctor has given specific recommendations regarding what levels of activity and risk you should or should not take, please listen to your medical doctor above all else

# Staying Calm and Engaged

- Social connections
- Structure
- Coping responses (Fun)

# Social Connections

- Physical distance, not social distance
- Our social connections are our support system, we need them in times of stress
- We take for granted how many subtle social connections we make in our regular day
- Our social interaction, for the vast majority of us, is a vital component of our emotional well being and mental health

# Sample Connections

- Social connections with physical distance:
  - Talk to everyone you used to, same times, same amounts or more
  - Use Zoom, FaceTime, and other applications to see and hear from the people you care about
    - It is extremely important to maintain “face to face” interactions while physically distancing
  - Call and check in with friends and family on a regular basis
  - Go grandparent old school and write letters, especially to parents or grandparents stuck in care facilities
- Social connections within physical contact groups:
  - Set up regular family/partner social times for games, conversation and fun
  - If you are isolating alone with a partner, allow for alone time and space each day

# Structure

- Maintain structure of life before physical distancing
- Routines are important to help keep our brain emotionally stable
- Make meaning out of simple activities and tasks
- Maintain primary habits at set times, such as sleep and food schedules
  - Have a daily schedule/structure in place, for example:
    - 1-2 hours in the am for reading/learning
    - 1-2 hours for chores
    - 1-2 hours for exercise/outdoor activities
    - 1-2 hours for family time
- Create tasks or projects to do to provide meaningful activity to engage in

# Coping responses (Fun)

- At times of stress and physical isolation or distancing, it is important to significantly increase coping responses
- Diversify your portfolio
- Physical distancing does not mean physical inactivity or social isolation
- Coping responses are a psychological code word for FUN
- Let yourself get creative and try new things
- Don't get too caught up in the news, it can be overwhelming
- Avoid focus on less healthy coping responses – extended electronics use, substances, overeating

# Types of Coping

- Physical/Behavior
  - Sports and exercise like walking or hiking
  - Stretching and calisthenics
  - Organizing and de-cluttering our houses or cleaning
- Emotional
  - Yoga, meditation, mindfulness exercises
  - Engaging in or listening to music, creating art, singing
  - Pillow fights, exclamations,
- Thoughts
  - Reading books, articles, Torah study
  - Blogging or keeping a journal
  - Talking with family and friends about ideas and beliefs
- Self-care
  - Healthy eating
  - Sleep schedule



# Family time

- We take for granted our busy schedules and responsibilities – now that we have more time together, can we re-discover family time
- Examples of family time
  - Family game night or card games
  - Family puzzle time
  - Hikes through the park or family dog walking hour
  - Music festival or family band
  - Funniest family skit or comedy routine

# More Links

- **Friday Evening services;** [www.facebook.com/treeoflifepgh](http://www.facebook.com/treeoflifepgh)
- **Saturday morning services:** [www.treeoflifepgh.org/worship](http://www.treeoflifepgh.org/worship)
- **Adult Education w/Rabbi Myers –**
  - Deep dives into the Friday night services; <https://zoom.us/j/752417502>  
**Meeting ID: 752 417 502; +1 646 558 8656**
  - Family Dynamics in the bible; <https://zoom.us/j/201545851>  
**Meeting ID: 201 545 851; +1 646 558 8656**
- **Learn Something New**
- [Open Culture Free Online Courses](#)
- [Coursera.org](http://Coursera.org)
- [edx.org](http://edx.org)
- **Stress Management**
- [VA-Based Apps For Whole Health](#)

# Links

- <https://www.toronto4kids.com/March-2020/Maintain-Routines-at-Home-During-COVID-19/>
- <https://news.columbia.edu/news/stay-calm-and-create-daily-routine-during-covid-19-crisis>
- **Arts & Culture**
- [Virtual Museum Tours](#)
- [San Diego Zoo Animal Cams](#)
- [Metropolitan Opera Nightly Encore Shows](#)
- [LA Theater Works](#)
- [Kennedy Center Digital Stage](#)
- [Google Arts and Culture](#)

# Physical Exercise

- JCC online:  
<https://jccpgh.us11.list-manage.com/track/click?u=f2a47c657c0c5d2e6007d17fc&id=f45998c4b5&e=6b251de92c>
- [Down Dog Yoga](#) (free classes through app until 4/1; free access to students/teachers, including college until July 1)
- [Free Online Workout Classes](#)
- [YMCA Free Online Workout Classes](#)

# More Links

- **Reading/Library**
- [Pittsburgh Library Digital Resources](#)
- Streaming access to digital music, magazines, e-books, audiobooks, movies
- Online crafting tutorials [CLP Creativebug](#)
- Apply for a Carnegie Library of Pittsburgh library card [here](#)
- [Free Public Domain Audiobooks](#) – Listen for free or volunteer to read
- **Miscellaneous**
- [Mapping For Pennsylvania Mammal Atlas \(Volunteer or View\)](#)
- [BeMyEyes App](#) – Free app that connects blind and low-vision people with sighted volunteers for visual assistance