

INTERNATIONAL GRIEF INSTITUTE

RESILIENCE RX™

COPING WITH ISOLATION

TIPS TO MITIGATE FEELING ISOLATED

Self care techniques for the bereaved

The science behind why they work and how to implement them in everyday life.



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WHY IT MATTERS

Dealing with social restrictions during a pandemic can create loneliness, isolation, stress and anxiety. You can help offset these feelings with things that give you a sense of control.

TIPS

- ❑ Take a break from news to minimize trauma overload.
- ❑ Stay in the present. Think about right now and don't let your mind wander past the next 48 hours.
- ❑ If you find yourself in a stress spiral, spell your name out loud backwards to reground your thoughts.
- ❑ Stay on schedule to give yourself purpose.
 - ❖ Take a virtual exercise class
 - ❖ Try a new dinner recipe each night
- ❑ Focus on quality interactions regardless of physical proximity. Try:
 - ❖ a virtual happy hour with friends
 - ❖ daily or weekly Skypes with family and friends
 - ❖ online cultural or religious event or digital gathering
- ❑ Replace "social distancing" with "physical distancing" as a reminder that we're still connected.



In the sweetness of friendship let there be laughter and sharing of pleasures.
KHALIL GIBRAN

REMINDER

- ✓ Take one moment at a time.
- ✓ Be gentle with yourself.
- ✓ Crying is an appropriate response that helps release stress.
- ✓ Lethargy, exhaustion, forgetfulness and brain fog are normal stress responses.
- ✓ Give yourself lots of grace and practice staying in the present.

MORE TIPS

- ❑ Find something you can control in your little corner of the world. Rearrange your furniture, purge old documents, assemble a photo album, turn a forgotten corner of the yard into a garden.
- ❑ Jump into a project such as a jigsaw puzzle, woodworking, quilting, or soap making. It will help you stay busy, engaged, and productive.
- ❑ Curl up in your favorite chair and read a good book or watch an interesting TV series. When you're engaged in a good storyline, your brain produces dopamine — a hormone that promotes happiness.

DEVELOP A SELF-CARE TOOL KIT

Self-care can improve your well-being, minimize stress, and reduce the opportunity for emotional burnout. Create a plan that triggers the brain's positive hormones and tends to your needs. This will help offset stress hormones and anchor your emotions when things feel out of control.

By identifying and engaging in things you enjoy, you'll create a plan you're more likely to stick with.



The love in the world begins with the love within ourselves. DEEPAK CHOPRA

SUGGESTIONS

- ❑ Do activities that trigger your brain's happy hormones:
 - ❖ Chromotherapy
 - ❖ Dance/movement therapy
 - ❖ Sensorial therapy
 - ❖ Laugh therapy
 - ❖ Garden therapy
 - ❖ Hydrotherapy
 - ❖ Green therapy
- ❑ Make yourself your own best friend.
- ❑ Stay nourished & hydrated.
- ❑ Practice good sleep hygiene.
- ❑ Minimize other forms of stress.
- ❑ Keep a light calendar.
- ❑ Engage in light exercise.
- ❑ Activities involving repetitive hand motions induce a calming meditative state. Try knitting, clay work, drawing, beading, woodworking, chocolate work, soap making, coloring, quilting, weeding, etc.

AIMS OF SELF CARE

- To help manage stress.
- To prevent physical illness.
- To protect inner resilience.
- To honor one's own needs.
- To help maintain equilibrium.
- To maintain effectiveness and success.
- To ensure you live a meaningful life.

