

COVID-19 and Beyond TIPS for Parents

SOCIAL CONNECTEDNESS

- People who have strong social connections...
 - are likely to live longer
 - have strong immune systems
 - reduces likelihood of depression and anxiety
 - have better emotional regulation skills
 - improved mood and memory
- Individuals are reporting...
 - an increase in a sense of isolation and loneliness
- What is social connectedness?
 - A sense of wellbeing due to a feeling of connection with others
 - A sense of belonging and shared values with others
 - Is not based on the number of friends or contacts a person has
 - The quality of the relationship is important—supportive and positive relationships are important
- What to do?
 - Service-Do something for someone else. Service not only helps the recipient, but also the person providing the service with a sense of purpose, connection and wellbeing
 - Reach out to others and ask for help when you need, as well
 - Engage in group activities—with others who share your interests
 - Provide service—through a community, service or church organization
- What to do doing social distancing?
 - Create or join a virtual community:
 - Host a video watching party through remote viewing apps
 - Host a virtual online class for friends or family
 - Organize a weekly virtual mealtime or get together
 - Explore new hobbies or develop a new skill:
 - Enroll in online art or special interest classes
 - Tour cities or museums online
 - View videos that provide information or instruction about your hobby
- When to contact a mental health professional
 - Changes in sleeping, eating and hygiene habits
 - Poor motivation to connect with others
 - Increased conflict with friends and family
 - Thoughts of harming yourself or others

This TIP is presented by Brette Stephenson, MA, Department of Counselor Education, Boise State University
The partner video can be found at <https://www.boisestate.edu/radar/events-trainings-presentations/>