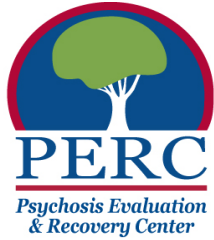


# Staying Active and Connected During COVID-19



April 13<sup>th</sup>, 2020



# Basic Human Needs



- What are they?
- What is important in your daily lives?
  - Connection
  - Safety
  - Control
  - Purpose

# COVID Recommendations and Impact on Daily Life



- **CDC recommends:**
  - Do not engage in close contact with people that are sick
  - Distance yourself from others
- **Impact on daily life:**
  - Schools transitioned to online courses
  - Significant number of jobs are now remote
  - Outpatient mental health care conducted via Telehealth
  - Significant number of stores and businesses are closed

# Impact on Emotional Well-Being



- Increased stress can increase certain experiences such as:
  - Negative thoughts
  - Anxiety
  - Internal experiences such as hallucinations
  - Fearfulness of the environment and others
  - Lack of motivation
  - Depression and hopelessness

# Research on Connection



- Connection has been linked to more positive outcomes: (Martin, Pegg, & Frates, 2015)
  - Improved health and improved mood
  - Disconnection has been linked to negative health outcomes and decreased mood
- Maslow's Hierarchy of Needs: (Maslow, 1954)
  - Love and belongingness



# Strategies to Stay Connected



- **With Family**
  - Make something together
    - ✦ A meal, a story, art
  - Learn something new together
    - ✦ Podcasts, videotours, seminars
  - Find new ways to connect
    - ✦ FaceTime, Write letter or cards
  - It can be small – From the book *Connect* (Hallowell, 1999)
  - “5 minutes can make all the difference.”

# Research on Safety and Control



- Leotti, Ivengar, and Ochsner (2010) reviewed the significance of choice in the research. Some things that they highlighted include:
  - This need appears to be innate
  - People have a strong preference for choice
  - Feeling less in control is associated lower mood

# Research on Safety and Control



- Lance and Rodin (1976) 2 groups in a nursing home
  - Group 1
    - ✦ Given more responsibility for themselves
    - ✦ Given responsibility to care for a plant
  - Group 2
    - ✦ Staff given responsibility for residents
    - ✦ Staff care for the residents plants
  - Outcome
    - ✦ Group 1 has better sense of well-being, more engagement and more motivation to participate



# Strategies to Increase Control and Safety



- Embrace wellness and get control over stress
  - Engage in healthy eating (makes choices about the types of food that are best for you and family members)
  - Exercise (choose the types of exercise for you)
  - Mindfulness and meditation
- Caring for others can decrease feelings of stress
  - Raposa, Laws, and Ansell (2015) had participants keep a journal of daily stressors and pro-social behaviors. Acts of kindness moderated the effects of stress, meaning they had less stress and more mental health outcomes

# Notice Positive Moments



- Notice when you have some success
- Notice the smaller things others do for you and others
- Notice when you have a positive thought

# Research on Purpose



- Hedayati and Khazaei (2014) examined the relationship between meaning in life, depression and hope
  - Researchers found that individuals that endorsed finding purpose in life and knowing the kind of things that brought meaning to their day had less depression and greater hope

# Foster Purpose



- Explore what you might value and what is important in your day to day
- Contribute and be there for others
- Do things with others that are meaningful
- Do something in line with your bigger goals
- Identify opportunities to grow



- What are ways you can meet these basic needs on a daily basis?
- If you can not meet every need, are there ways to meet some?