

Social Distancing and Mental Wellness - 9/10/20

Mr. Carter - 7th Grade English/Language Arts

* Required

1. First and Last Name: *

2. Date: *

Example: January 7, 2019

3. Period Number: *

Mark only one oval.

7-2

7-4

7-5

7-6

Five Minute Do Now:

One word answers and sentence fragments will not be accepted. Please write your answers in three complete sentences.

4. Do Now: Invent and describe a new food. *

5 points

Learning Target:

After completing this lesson, I will be able to read two related articles and, after thinking critically, will be able to use the information to develop my own personal viewpoint.

Social Distancing and Mental Wellness Lesson:

Please read through the following descriptions and instructions. Then, complete the readings and answer the activity questions.

Introduction:

The coronavirus disease 2019 (COVID-19) pandemic may be stressful for people. Fear and anxiety about a new disease and what could happen can be overwhelming and cause strong emotions in adults and children. Public health actions, such as social distancing, can make people feel isolated and lonely and can increase stress and anxiety. However, these actions are necessary to reduce the spread of COVID-19. Coping with stress in a healthy way will make you, the people you care about, and your community stronger.

Stress during an infectious disease outbreak can sometimes cause the following:

- Fear and worry about your own health and the health of your loved ones, your financial situation or job, or loss of support services you rely on.
- Changes in sleep or eating patterns.
- Difficulty sleeping or concentrating.
- Worsening of chronic health problems.
- Worsening of mental health conditions.

Instructions:

1. Read this article that highlights the negative effects of social distancing:

<https://medicalxpress.com/news/2020-04-covid-social-distancing-significant-impacts.html#:~:text=It%20found%20that%3A,occupations%20experienced%20the%20greatest%20impact.>

2. Read this second article that highlights the effects of the COVID pandemic on students' mental health:

<https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/news/news/2020/3/mental-health-and-psychological-resilience-during-the-covid-19-pandemic#:~:text=Children%20are%20likely%20to%20be,mental%20well%2Dbeing.>

3. Fill out the form/worksheet while reflecting on the articles presented.

4. After answering all of the questions and proofreading your answers, submit the form (if participating online) or hold onto your work for a drop off at the school at a later date.

Assignment Overview:

After reading the two articles, answer the questions using the information provided. Consider how the articles are connected and make sure that you are answering based on the information provided, as well as your own experiences.

Reference Articles:

<https://medicalxpress.com/news/2020-04-covid-social-distancing-significant-impacts.html#:~:text=It%20found%20that%3A,occupations%20experienced%20the%20greatest%20impact>.

<https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/news/news/2020/3/mental-health-and-psychological-resilience-during-the-covid-19-pandemic#:~:text=Children%20are%20likely%20to%20be,mental%20well%2Dbeing>.

Activity Questions:

One word answers and sentence fragments will not be accepted. Please write your answers in complete sentences and do not be afraid to let your voice be heard.

- 5. 1) Write down two negative effects of social distancing, as shown in the article, "COVID-19 Social Distancing Having Significant Impacts On Mental Health, Study Shows." (Please write in complete sentences) * 2 points

- 6. 2) The article, "COVID-19 Social Distancing Having Significant Impacts On Mental Health, Study Shows" discusses the theme of LOSS. Write down two things that the author claimed brought about these feelings of loss. * 2 points

- 7. 3) Based on your two answers in question 2, why would those things make a person feel a sense of loss? * 2 points

- 8. 4) In the article. "Mental Health And Psychological Resilience During The COVID-19 Pandemic," what was one thing that the author stated could negatively affect a child's mental health? * 2 points

- 9. What is something that you can do to keep positive while social distancing during this pandemic? * 2 points

Five Minute Exit Ticket:

Reflect on today's lesson and answer the question(s) using complete sentences.

10. Exit Ticket: Write down two pieces of information that you, in your expert opinion, feel could be most helpful to a person who is stressed out from social distancing. * 5 points

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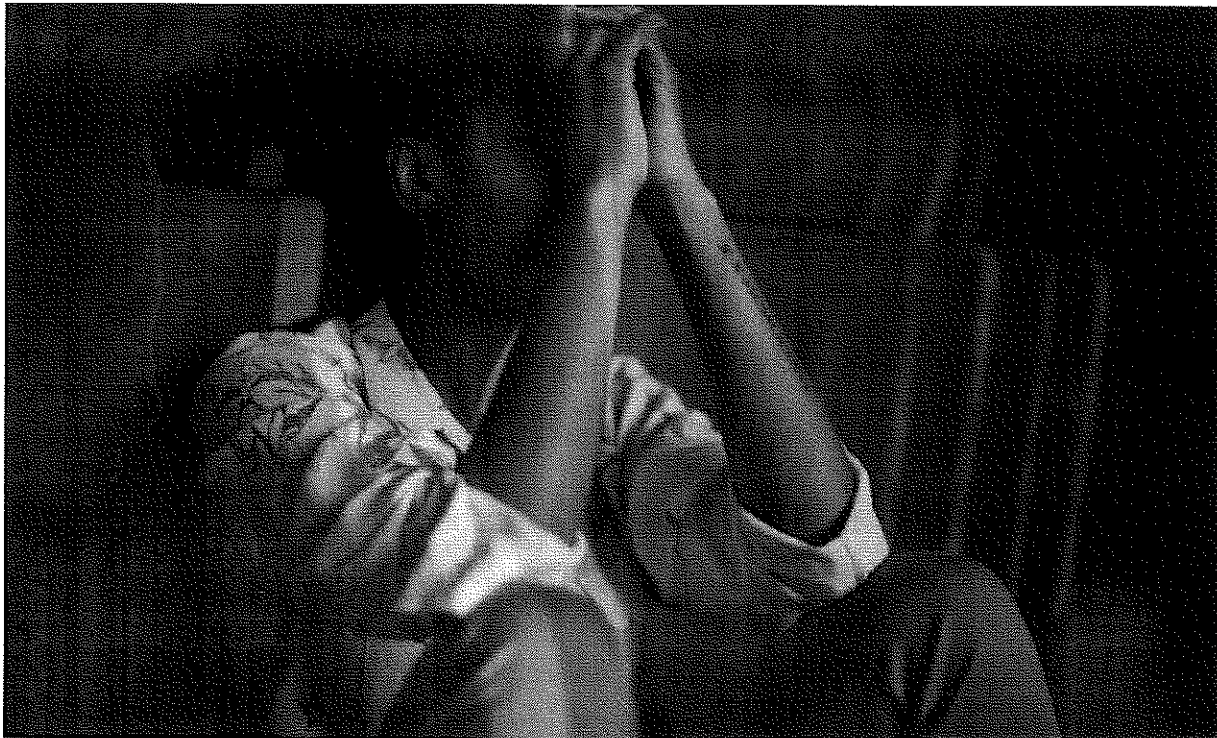
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 APRIL 20, 2020

COVID-19 social distancing having significant impacts on mental health, study shows

by Mike Addelman, University of Manchester



Credit: CC0 Public Domain

An early draft of a study by researchers at The University of Manchester and Swansea University shows social distancing and isolation is having significant impacts on people's mental health and emotional wellbeing.

The study has been submitted for publication to *BMJ Open* and published online as part of an open science initiative. It found that:

- Social distancing is leading to heightened feelings of anxiety and depression amongst the general public.
- People in low-paid or insecure occupations experienced the greatest impact.
- Some people are fearful they will experience health or social anxiety after the lockdown, while others plan to go back to normal levels of social activity as soon as possible.

The research is being led by Dr. Simon Williams, public health researcher at Swansea University, in collaboration with Dr. Kimberly Dienes and Professor Christopher Armitage of The University of Manchester's Centre for Health Psychology, and Dr. Tova Tampe, an independent consultant at the World Health Organization.

The researchers conducted five online focus groups from across the United Kingdom in the early stages of the UK's COVID-19 lockdown.

The groups explored their views and experiences. Even after as little as two weeks, people were struggling with the loss of social interaction.

Dr. Williams said: "Remarkable efforts are being made by the public to contain the spread of the COVID-19, and these efforts should continue as long as is necessary. Our study finds many people are really sticking to the guidelines on social distancing. However, it is coming at a significant cost to people's mental health and wellbeing, particularly those in low-paid or insecure jobs.

"A rapid response is necessary in terms of public health programming to mitigate these mental health impacts. Waiting to provide support until after social distancing and isolation measures are relaxed or removed could have potentially devastating and lasting impacts on mental health, especially

among those already socially and economically vulnerable."

Dr. Dienes, a clinical and health psychologist, said: "One of the key themes was a feeling of loss. For some, social distancing has meant a loss of income. For others it has meant a loss of structure and routine as people struggle to balance working from home with childcare. For everyone it has meant a loss of face-to-face social interaction. Our study shows how these physical losses are having a knock-on effect in the form of emotional 'losses,' such as a loss of self-worth, loss of motivation and a loss of meaning in daily life."

The study also provides early evidence on how people might behave after the current lockdown ends, something that will influence how much and how quickly COVID-19 will continue to spread.

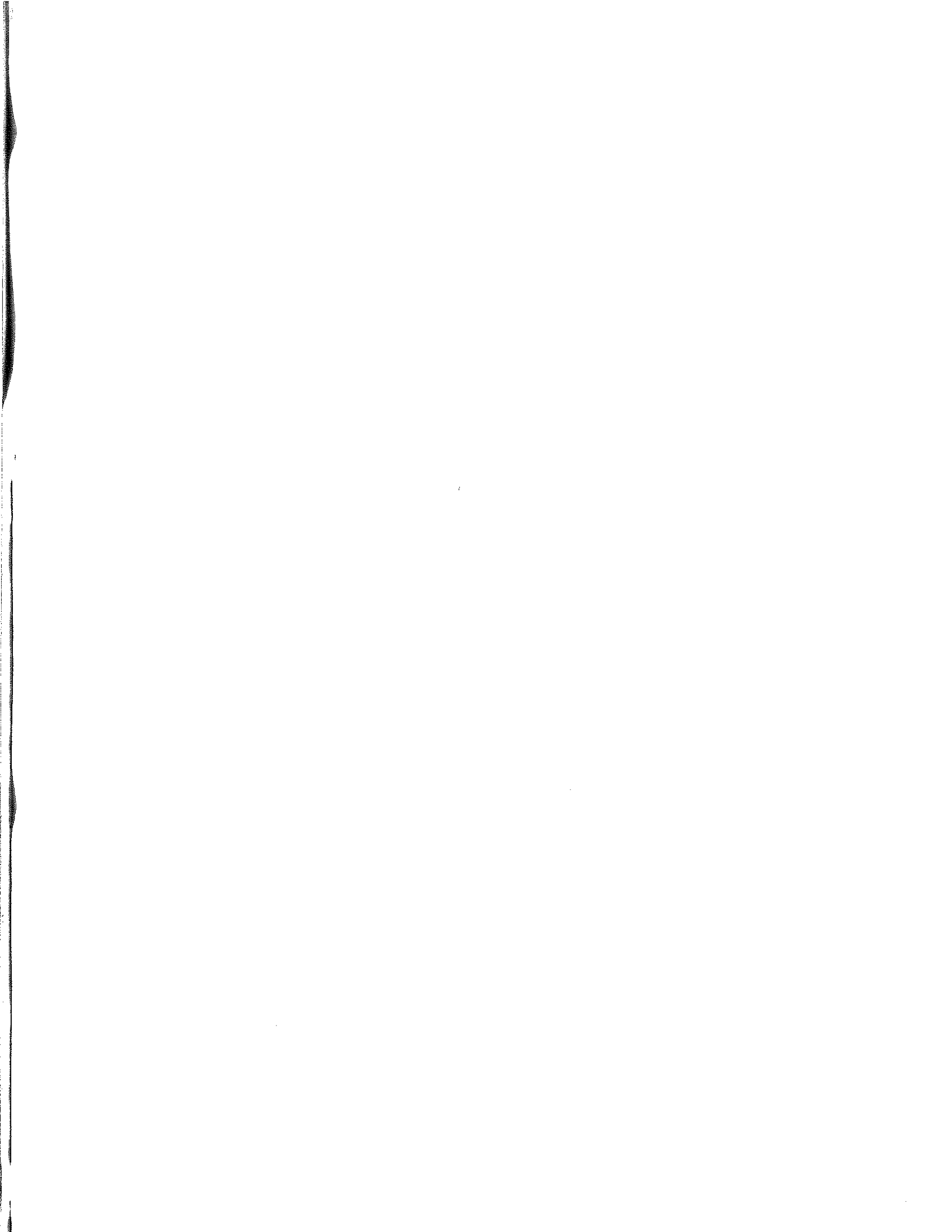
Dr. Williams added: "One of the big stressors for people was the fact they do not know how long the lockdown will last. It is possible that people will be less supportive and less compliant the longer this continues. Although some people are worried they will still be anxious about socializing for some time after the lockdown ends, others are already planning lots of social activities as soon as they are able. Government needs to take this into consideration as they plan their lockdown exit strategy.

More information: Simon N Williams et al. Public perceptions and experiences of social distancing and social isolation during the COVID-19 pandemic: A UK-based focus group study, (2020). DOI: 10.1101/2020.04.10.20061267

Journal information: BMJ Open

Provided by University of Manchester

Citation: COVID-19 social distancing having significant impacts on mental health, study shows (2020, April 20) retrieved 23 August 2020 from <https://medicalxpress.com/news/2020-04-covid-social-distancing->



Mental health and psychological resilience during the COVID-19 pandemic

912

44

27-03-2020

As the coronavirus (COVID-19) pandemic sweeps across the world, it is causing widespread concern, fear and stress, all of which are natural and normal reactions to the changing and uncertain situation that everyone finds themselves in.

“The issue facing each and every one of us is how we manage and react to the stressful situation unfolding so rapidly in our lives and communities. Here we can draw on the remarkable powers of strength and cooperation that we also fortunately possess as humans. And that is what we must try to focus on to respond most effectively to this crisis as individuals, family and community members, friends and colleagues,” said Dr Hans Henri P. Kluge, WHO Regional Director for Europe.

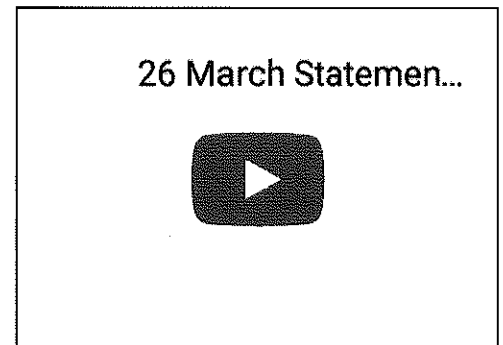
WHO takes the impact of the crisis on people’s mental health very seriously and is monitoring the situation together with national authorities, while providing information and guidance to governments and the public.

At a press briefing held on 26 March, Dr Kluge, together with Dr Aiysha Malik, Technical Officer, Department of Mental Health and Substance Abuse, WHO Headquarters and Dr Dorit Nitzan, Acting Director of Emergencies, WHO/Europe, answered questions on mental health issues in the context of COVID-19 and offered insights on tools, techniques and interventions to address them.

“With the disruptive effects of COVID-19 – including social distancing – currently dominating our daily lives, it is important that we check on each other, call and video-chat, and are mindful of and sensitive to the unique mental health needs of those we care for. Our anxiety and fears should be acknowledged and not be ignored, but better understood and addressed by individuals, communities and governments,” Dr Hans Kluge noted.

Many of the questions focused on specific population groups, including children and older people.

What could the impact of the COVID-19 crisis be on children’s mental health?



Video: Statement to the press by Dr Hans Henri P. Kluge, WHO Regional Director for Europe, 26-03-2020

This is indeed an unprecedented time for all of us, especially for children who face an enormous disruption to their lives. Children are likely to be experiencing worry, anxiety and fear, and this can include the types of fears that are very similar to those experienced by adults, such as a fear of dying, a fear of their relatives dying, or a fear of what it means to receive medical treatment. If schools have closed as part of necessary measures, then children may no longer have that sense of structure and stimulation that is provided by that environment, and now they have less opportunity to be with their friends and get that social support that is essential for good mental well-being.

Being at home can place some children at increased risk of, or increased exposure to, child protection incidents or make them witness to interpersonal violence if their home is not a safe place. This is something that is very concerning.

Although all children are perceptive to change, young children may find the changes that have taken place difficult to understand, and both young and older children may express irritability and anger. Children may find that they want to be closer to their parents, make more demands on them, and, in turn, some parents or caregivers may be under undue pressure themselves.

Simple strategies that can address this can include giving young people the love and attention that they need to resolve their fears, and being honest with children, explaining what is happening in a way that they can understand, even if they are young. Children are very perceptive and will model how to respond from their carers. Parents also need to be supported in managing their own stressors so that they can be models for their children. Helping children to find ways to express themselves through creative activities, and providing structure in the day – if that is possible – through establishing routines, particularly if they are not going to school anymore, can be beneficial.

Mental health and psychosocial support services should be in place, and child protection services need to adapt to ensure that the care is still available for the children of families who need it.

What is the psychological impact of this disease on the elderly?

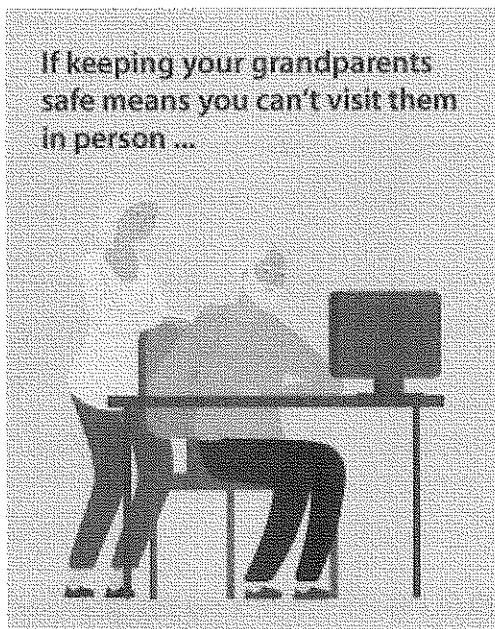
Regarding older people and also those with underlying health conditions, having been identified as more vulnerable to COVID-19, and to be told that you are very vulnerable, can be extremely frightening and very fear-inducing. The psychological impacts for these populations can include anxiety and feeling stressed or angry. Its impacts can be particularly difficult for older people who may be experiencing cognitive decline or dementia. And some older people may already be socially isolated and experiencing loneliness which can worsen mental health.

On a positive note, there are many things that older people can initiate themselves or with the support of a carer, if needed, to protect their mental health at this time. These include many of the strategies that we are advocating across the entire population, such as undertaking physical activity, keeping to routines or creating new ones, and engaging in activities which give a sense of achievement. Maintaining social connections is also important. Some older people may be familiar with digital methods and others may need guidance in how to use them. Once again, the mental health and psychosocial support services and other services that are relevant to this population must remain available at this time.

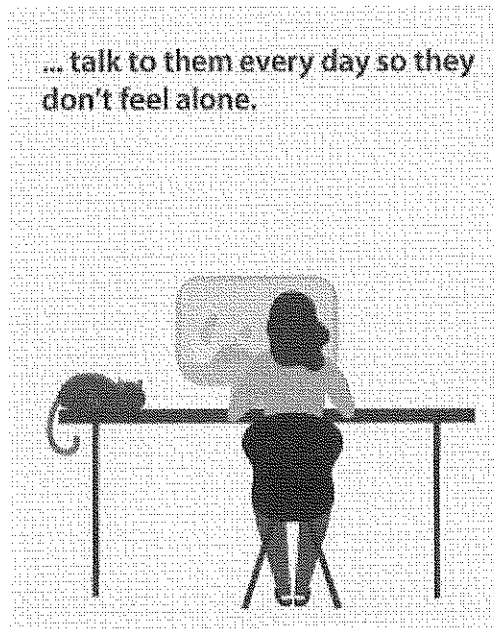
The impacts of COVID-19 on older people will be the focus of WHO's next live briefing, to take place at 11:00 CET on Thursday 2 April, streamed live on WHO/Europe's Facebook page and YouTube channel.

Keeping each other safe and connected is everyone's responsibility

If keeping your grandparents
safe means you can't visit them
in person ...



... talk to them every day so they
don't feel alone.



Physical distancing is not social isolation



Together we can beat COVID-19

#covid19

[Mental health and COVID-19 \(https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/technical-guidance/mental-health-and-covid-19\)](https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/technical-guidance/mental-health-and-covid-19)

New resources

[Physical and mental health key to resilience during COVID-19 pandemic \(https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/statements/statement-physical-and-mental-health-key-to-resilience-during-covid-19-pandemic\)](https://www.euro.who.int/en/health-topics/health-emergencies/coronavirus-covid-19/statements/statement-physical-and-mental-health-key-to-resilience-during-covid-19-pandemic)

Statement to the press by Dr Hans Henri P. Kluge, WHO Regional Director for Europe

[Press briefing held on 26 March 2020 \(https://youtu.be/vYqSxCB0Eg\)](https://youtu.be/vYqSxCB0Eg)

[COVID-19 - Infographics and videos for download](https://who.canto.global/v/coronavirus/folder/PQC9D?from=thumbnail&scrollTo=66&gOrderProp=name&gSortingForward&display=thumbnail&viewIndex=1)

[from=thumbnail&scrollTo=66&gOrderProp=name&gSortingForward&display=thumbnail&viewIndex=1](https://who.canto.global/v/coronavirus/folder/PQC9D?from=thumbnail&scrollTo=66&gOrderProp=name&gSortingForward&display=thumbnail&viewIndex=1)

[from=thumbnail&scrollTo=66&gOrderProp=name&gSortingForward&display=thumbnail&viewIndex=1](https://who.canto.global/v/coronavirus/folder/PQC9D?from=thumbnail&scrollTo=66&gOrderProp=name&gSortingForward&display=thumbnail&viewIndex=1)

