



COMMUNITY  
HEALTH CARE  
ASSOCIATION  
of New York State

# Community Care Corner

Health Center Staff Wellness Resources

## **Trauma-Informed Toolbox Strategy Session: Coping With Isolation (Remote Work & Physical Distancing)**

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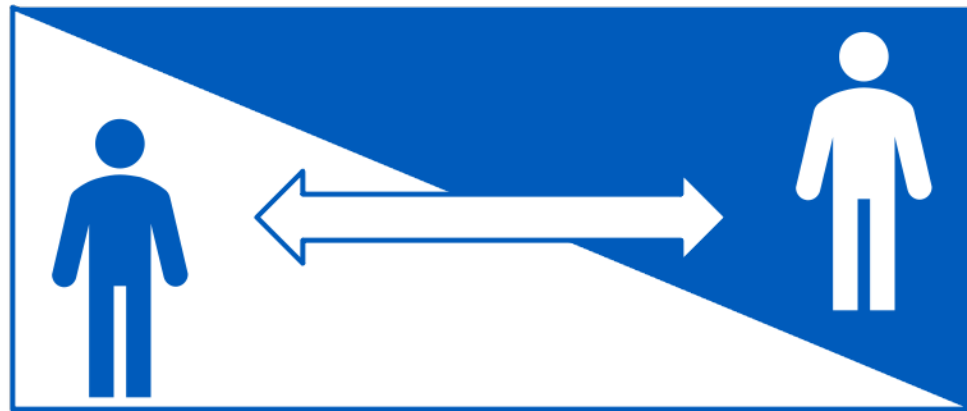
“

One of COVID-19's harshest ironies:  
Just when we need each other more,  
we're being **forced apart**.

”

# COVID-19 and Loss of Connection

- Canceling Group Events
- Closing of Public Spaces
- Unable to Support Patients the Same Way
- Unable to See/Altered Experiences with Family/Friends
- Unable to See/Communicate with Colleagues the Same Way



# Possible Responses to COVID-19 Isolation

- Loneliness
- Anxiety, worry or fear
- Uncertainty or ambivalence
- Anger or frustration
- Boredom
- Changes in appetite
- Sadness
- Difficulties sleeping
- Emotion dysregulation
- Desire for maladaptive coping strategies
- Feelings of hopelessness
- Reduced motivation or willpower

*Research has shown that quarantine is associated with post-traumatic stress symptoms, particularly with longer quarantine duration.*

*(Brooks et al., 2020; NETRF, 2020; Stallard & Stallard, 2020)*



# Practical Actions to Boost Wellbeing in Times of Physical Distancing



Cultivate a connection mindset



Maintain an optimistic mindset



Get creative on how you might engage in activities with others



Take care of yourself



Play music



Set aside time each day for a quiet period



Pause to be grateful



Learn something new



Don't worry alone - when anxious or stressed, call a friend



Go for walks



Find ways to maintain some routine



Cultivate practices that produce contentment

*(Stallard & Stallard, 2020)*

# Trauma-Informed Responses to COVID-19 Isolation



## Consider how your health center be strategic around:

- “Taking pause” and witness/acknowledge the challenges of isolation
- Providing regular space and time for connection with others
- Offering choice and being creative re: opportunities for connection
- Encouraging and providing structure and routine for an increased sense of normalcy
- Noticing what’s working, what is going well and what gives others hope/meaning
- Continuing to utilize the 5 guiding values/principles of TIC to ensure universal precaution



Safety



Trustworthiness



Choice



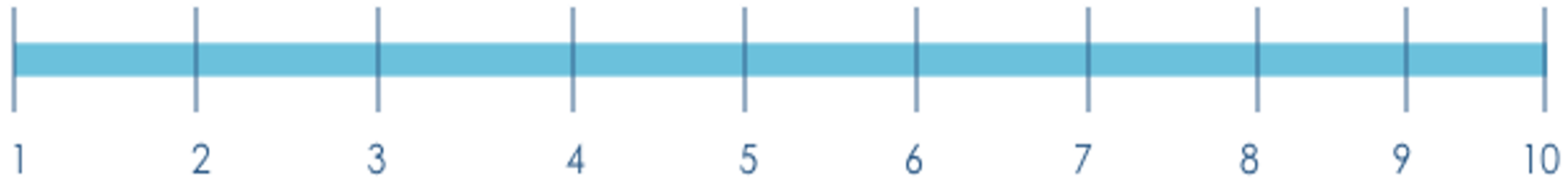
Collaboration



Empowerment

*(Cuncic, 2020; Harris & Fallot, 2001; Holt-Lunstad, 2020)*

# How well are you coping with isolation?



*Scaling: 1 = not well*

*5 = half-way there*

*10 = very well*

What will it take to get just one point higher on the scale?

# Additional Resources Re: Coping with Isolation

Good Grief – [\*Tips for Reducing Isolation\*](#)

Let There Be Health (video) – [\*Your Brain on Social Distancing\*](#)

Northwestern University - [\*Strategies for Coping with Isolation and Loneliness During the Coronavirus Pandemic\*](#)

Rebecca Dolgin – [\*How to Survive Social Distancing\*](#)

