

# Wellness Guide to Overcoming Isolation During COVID-19

## Being Connected, Staying Connected, and Choosing Connection



*September 29, 2020*

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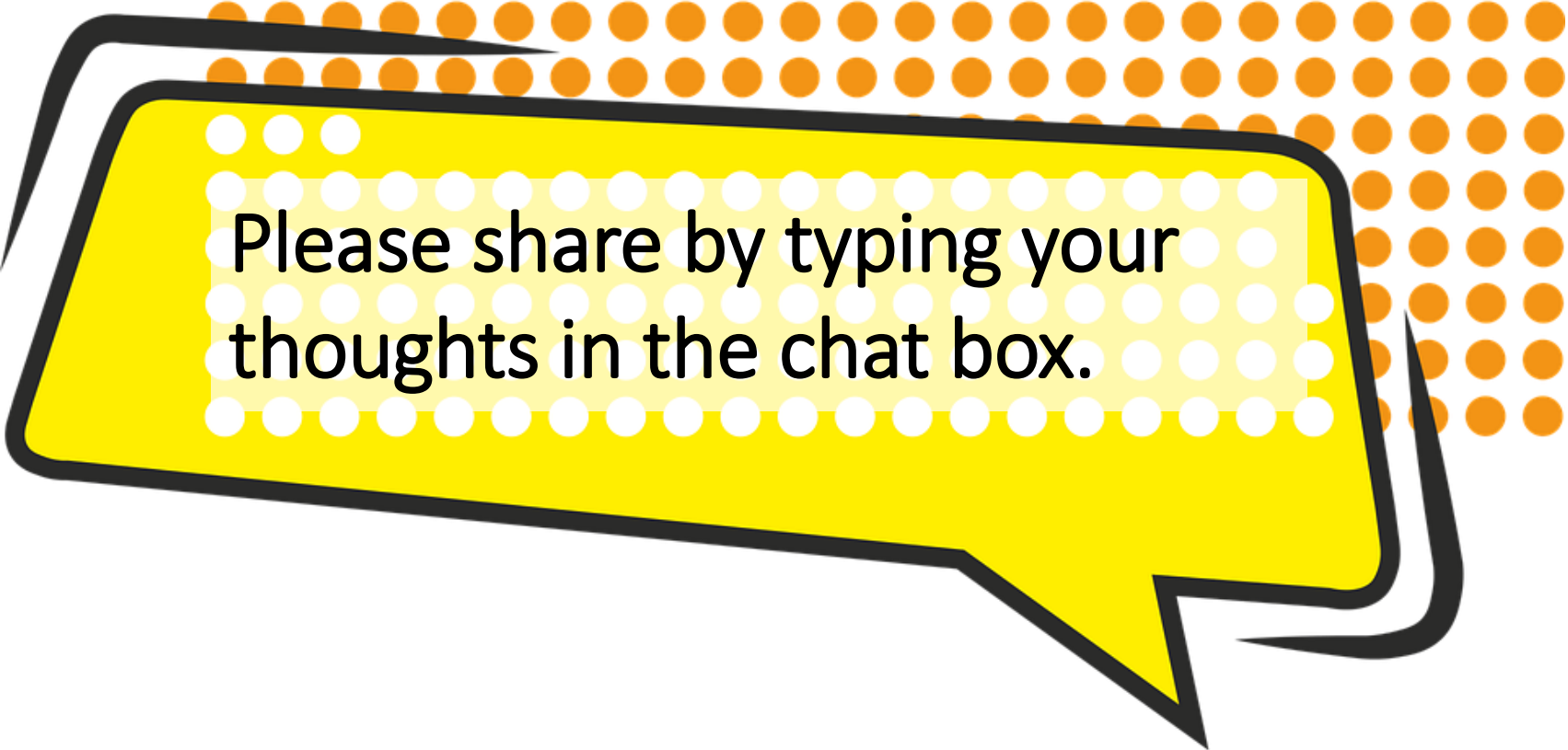
National Consumer Technical Assistance Center: Doors  
to Wellbeing



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Virtual Solutions Manager and WRAP<sup>®</sup> Project Manager  
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# What are you hoping to get out of today's webinar?



Please share by typing your thoughts in the chat box.

# Isolation & Loneliness Aren't New—But They're Increasingly Important to Address

- A 2018 survey of 20,000 American adults revealed:
  - 46% sometimes or always feel alone
  - 47% sometimes or always feel left out
  - 43% feel isolated from others
  - Only 53% have meaningful in-person interactions daily
  - Those who lived with others had an average loneliness score of 43.5 compared with 46.4 for those who lived alone – except for single parents, who scored 48.2

[Source](#)

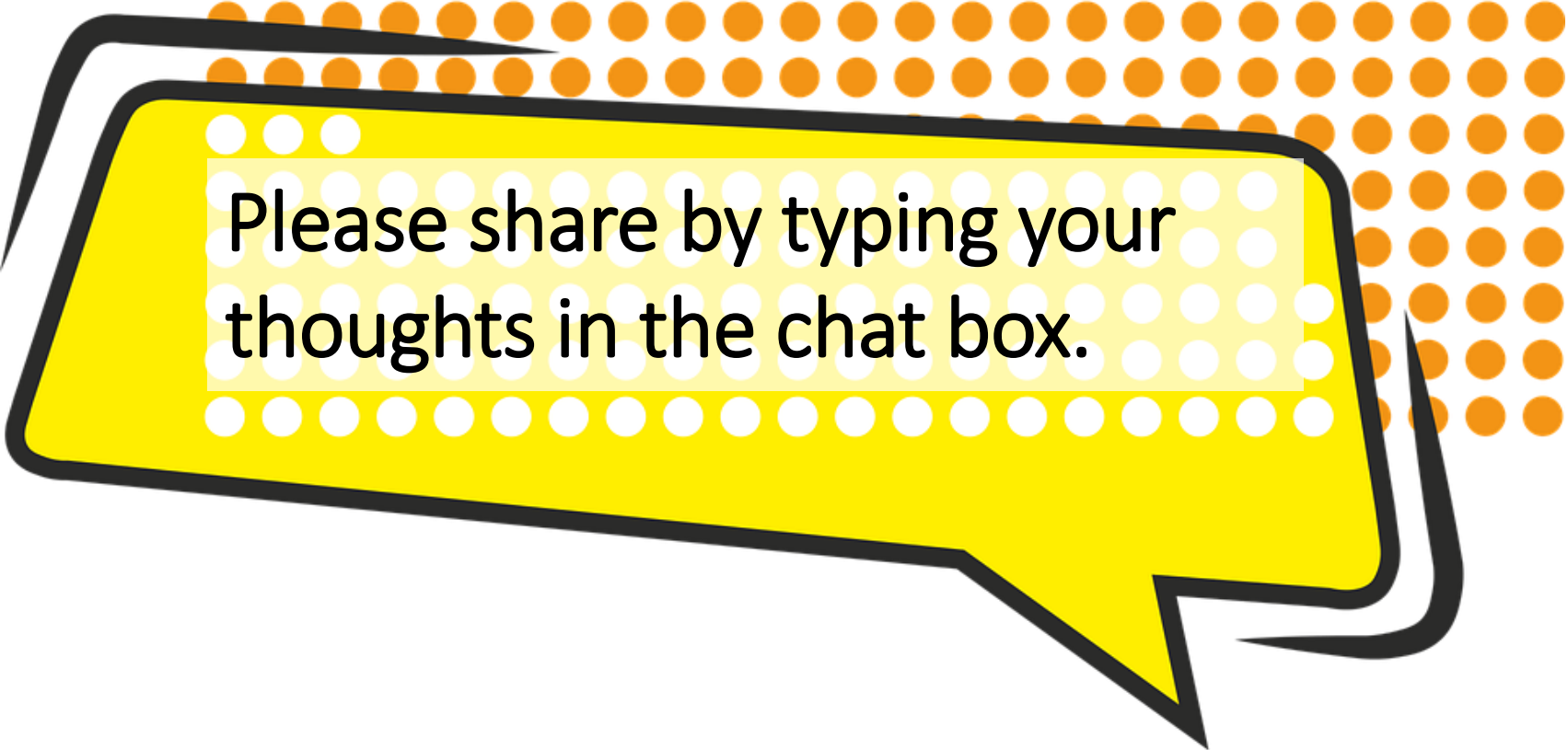


# Then Throw a Pandemic into the Mix

- Physical distancing
  - Fewer social interactions
  - Fewer transactional interactions
- Feelings of fear, uncertainty, or worry around human contact in general
- Loss or reduction of employment and work-related interactions
- Some folks have been completely physically alone for months

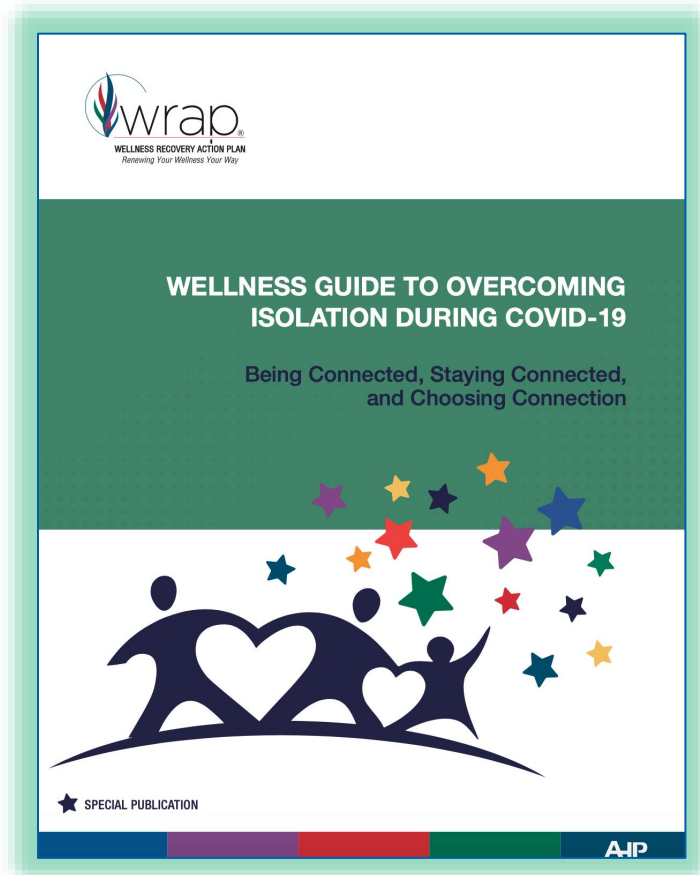


# What are you discovering about your wellness during recent physical distancing?



Please share by typing your thoughts in the chat box.

# Wellness Guide to Overcoming Isolation During COVID-19



- A simple tool to support connection during distancing
- Rooted in principles of WRAP
- Powerful prompts to explore connection in your life
- Practical strategies for creating connection in challenging times
- Free digital download for anyone, anywhere to use and share



# WELLNESS GUIDE TO OVERCOMING ISOLATION DURING COVID-19

Being Connected, Staying Connected, and Choosing Connection



★ SPECIAL PUBLICATION

AIP

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# Being Connected and Wellness

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We all experience times of isolation and loneliness, and in these times, there are ways to connect with others and ourselves.

There are many things we can do to take action on our own behalf and to create positive changes for ourselves.

# Staying connected

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This guide is designed for self-exploration about being connected, staying connected, and choosing connection even during difficult times.

Anyone may use and benefit from this guide who chooses it!

Identify a peer supporter to discuss, share and explore this guide.



# Choosing Connection

There are seven sections in this guide we will explore together and **share ideas and reflections:**

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1. What is Connection
  2. Enjoying Alone Time
  3. Connection with myself
  4. Connection Tools
  5. Daily Routine
  6. Creating Structure
  7. Supporter Qualities



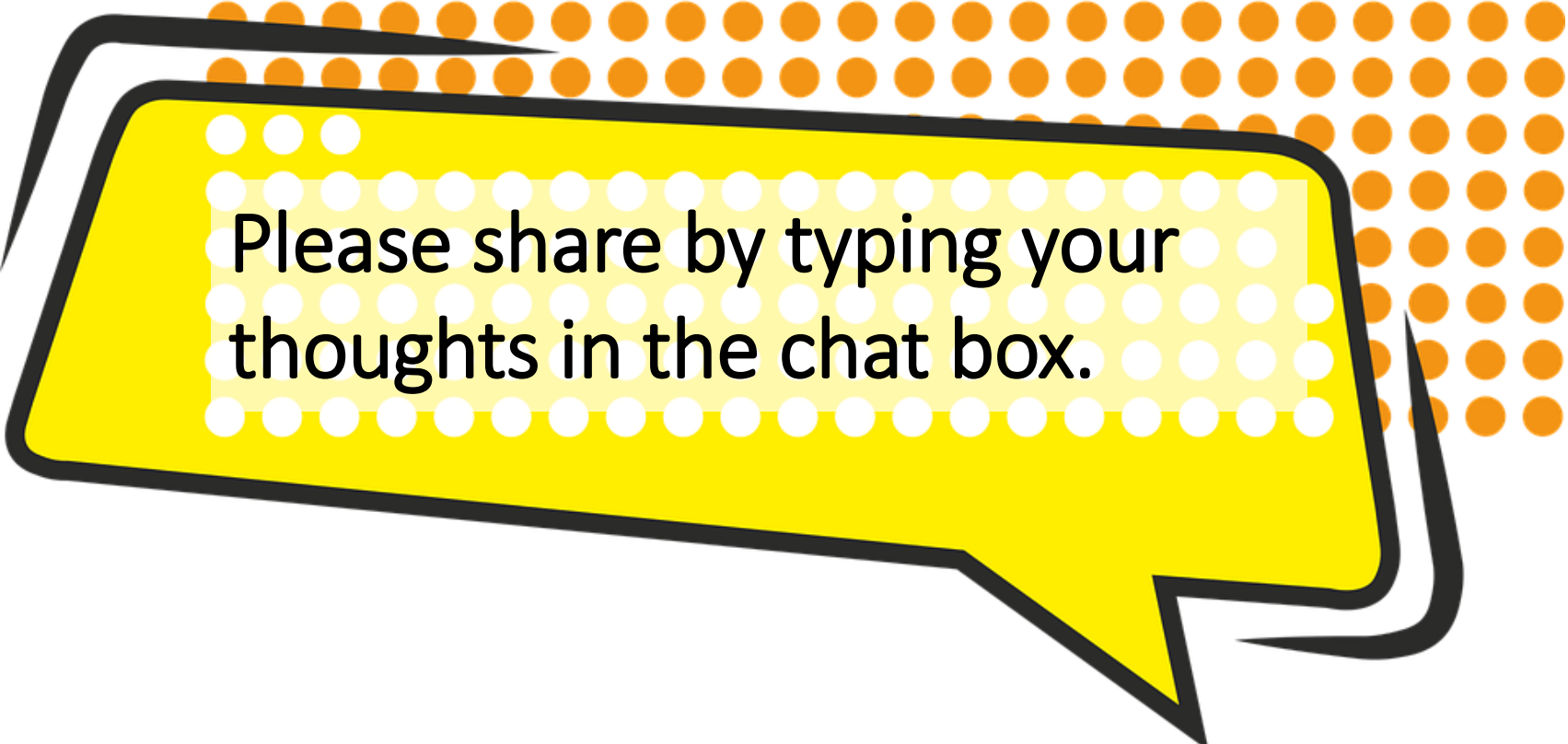
# What is Connection?

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Connection is that link we have with the world outside ourselves. Connections can be made with people, places, and ideas. Connection can also be about the relationship we have with ourselves.



# What Does Connection Mean to You?



Please share by typing your thoughts in the chat box.

# How do we take first steps towards connection/re-connection?

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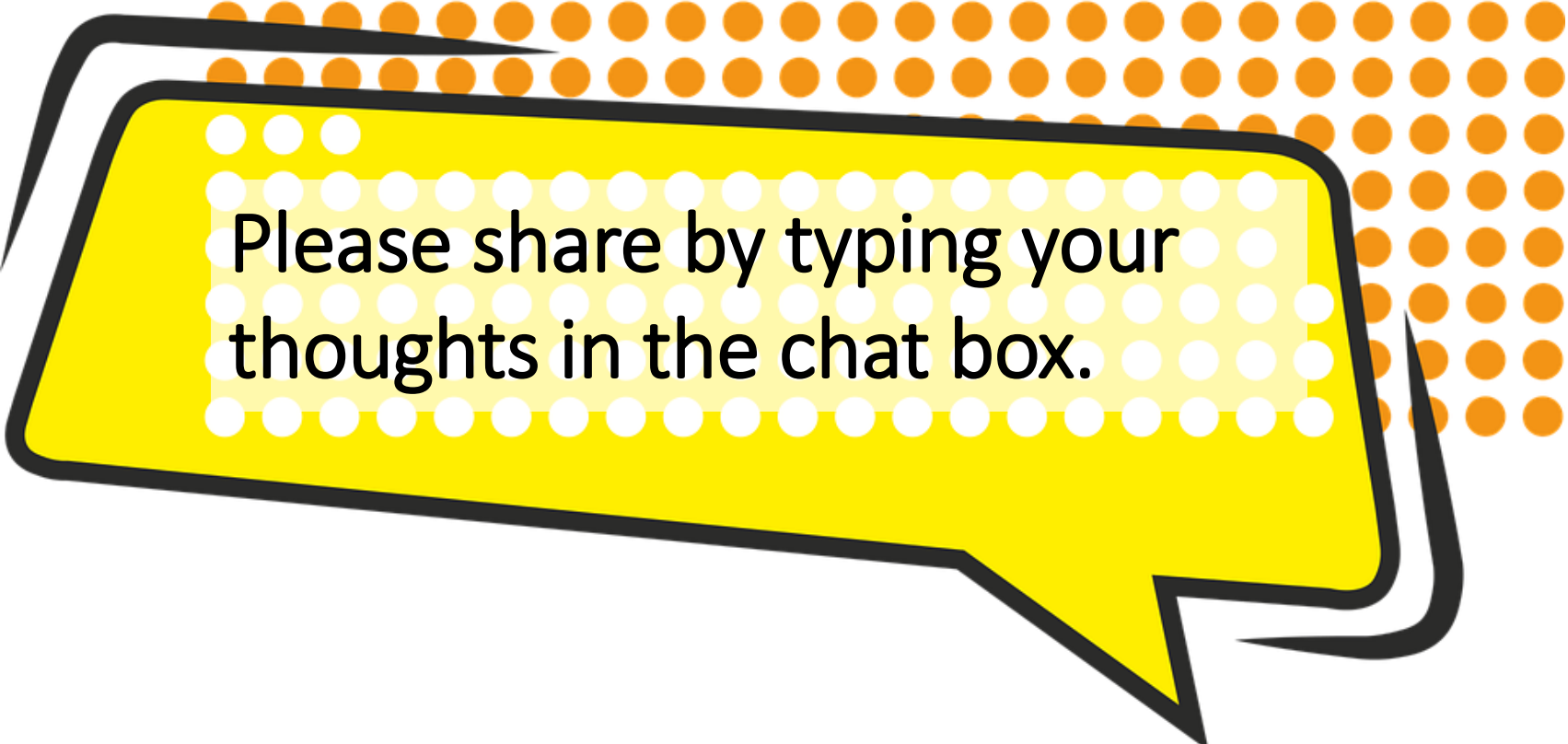


Making connections outside our home environment can also happen in safe small increments.

For example: Take walks and say “hi” to people. Get lunch in a food court. Go to a library. Take classes, do volunteer work and go to a place of worship. The first steps will be different for everyone.

Just take those first steps!

# What steps might you take toward connection/re-connection?



Please share by typing your thoughts in the chat box.

# Enjoying Alone Time

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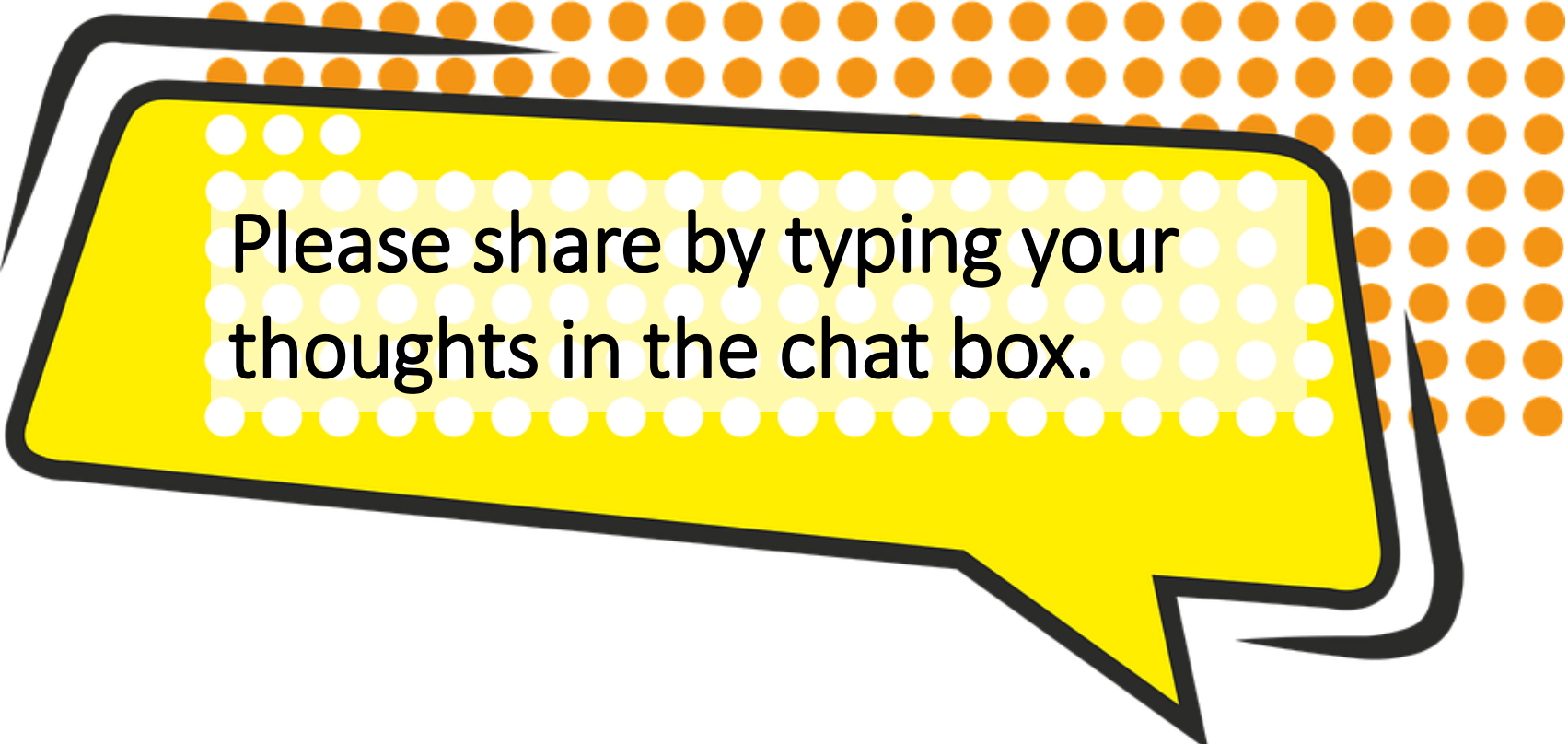


Feeling lonely and being alone are different. It can even be helpful to have a connection to our feelings of loneliness to process and move through those feelings.

Being alone can be a way we connect with ourselves and process our feelings of loneliness.



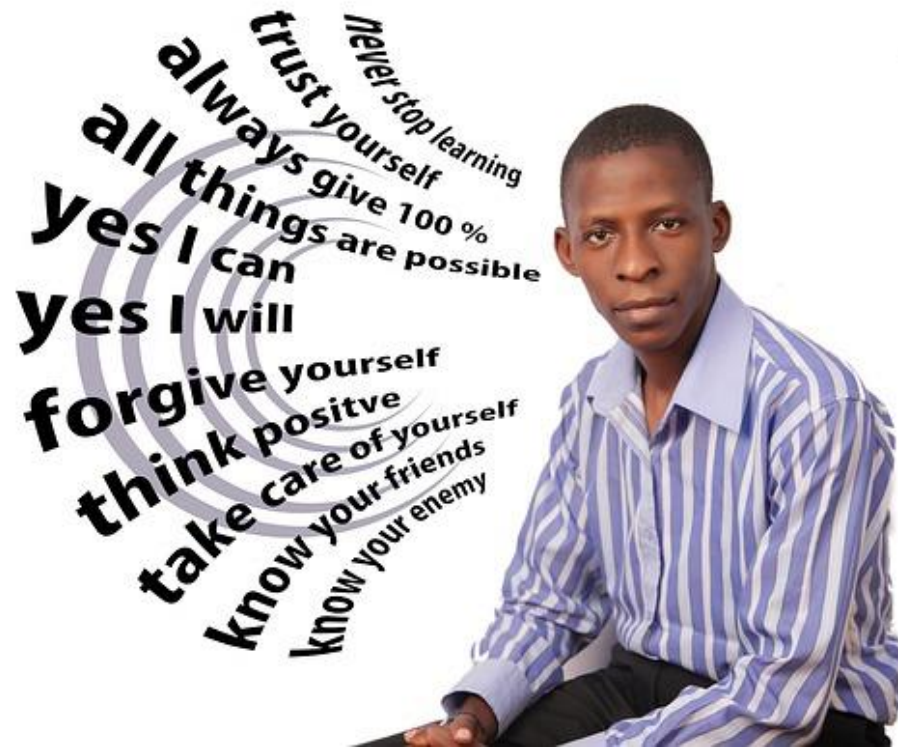
# How do you like to enjoy alone time?



Please share by typing your thoughts in the chat box.

# Using the guide

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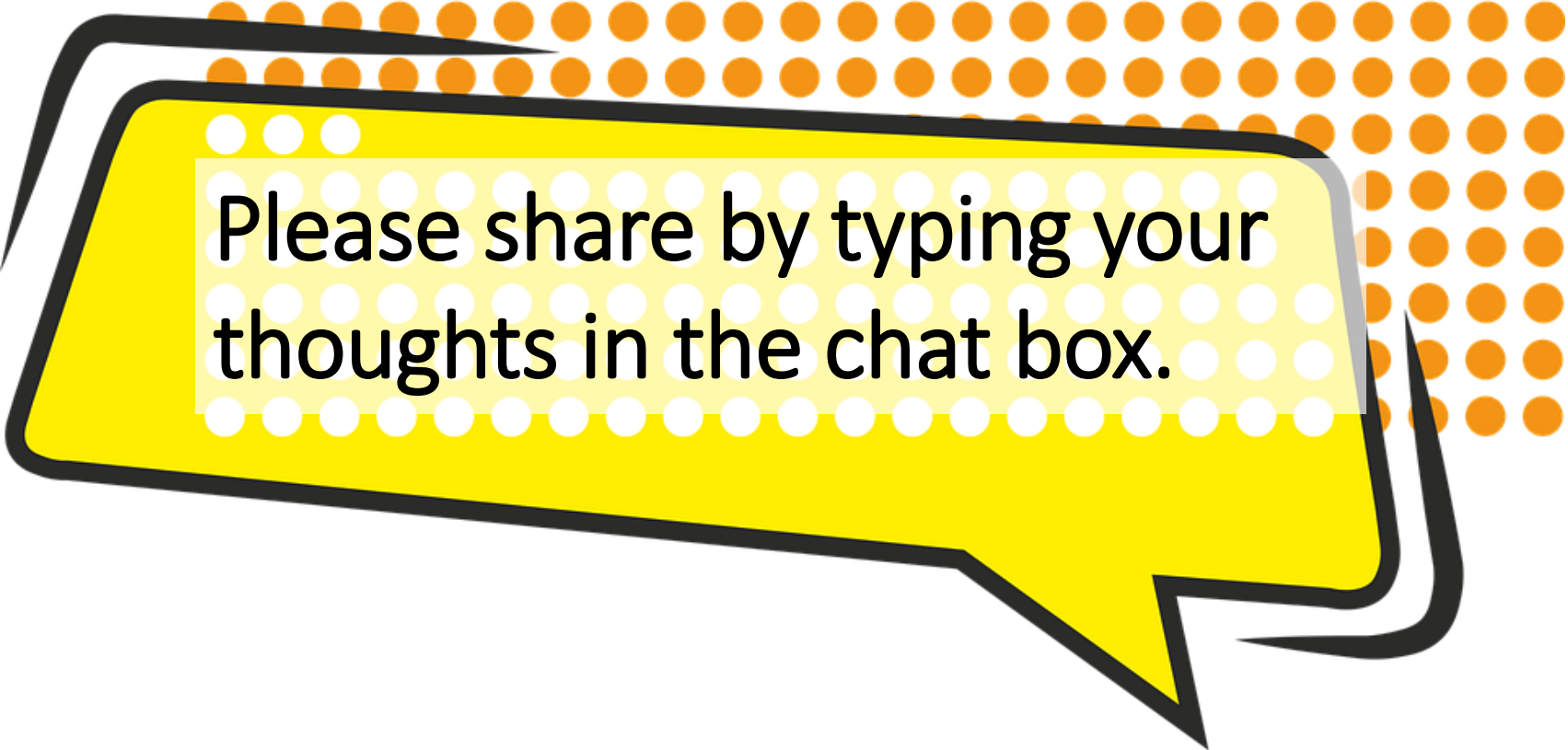
- Conversations for the workforce
- Team building
- Compliments WRAP
- WRAP Co-Facilitators
- Friends
- Families
- Talking with a provider

# Values and ethics of WRAP

- We are each **experts on ourselves** and have **multiple paths to wellness**
- Based on **self-determination** and **voluntary participation**
- Rooted in the belief in **equality**
- A **mutual** learning model
- Complementary with **any lifestyle** and **any therapy** we chose
- Not based on any philosophy or model but can incorporate **any philosophy or model**
- Focus on participant's **strengths and potential**



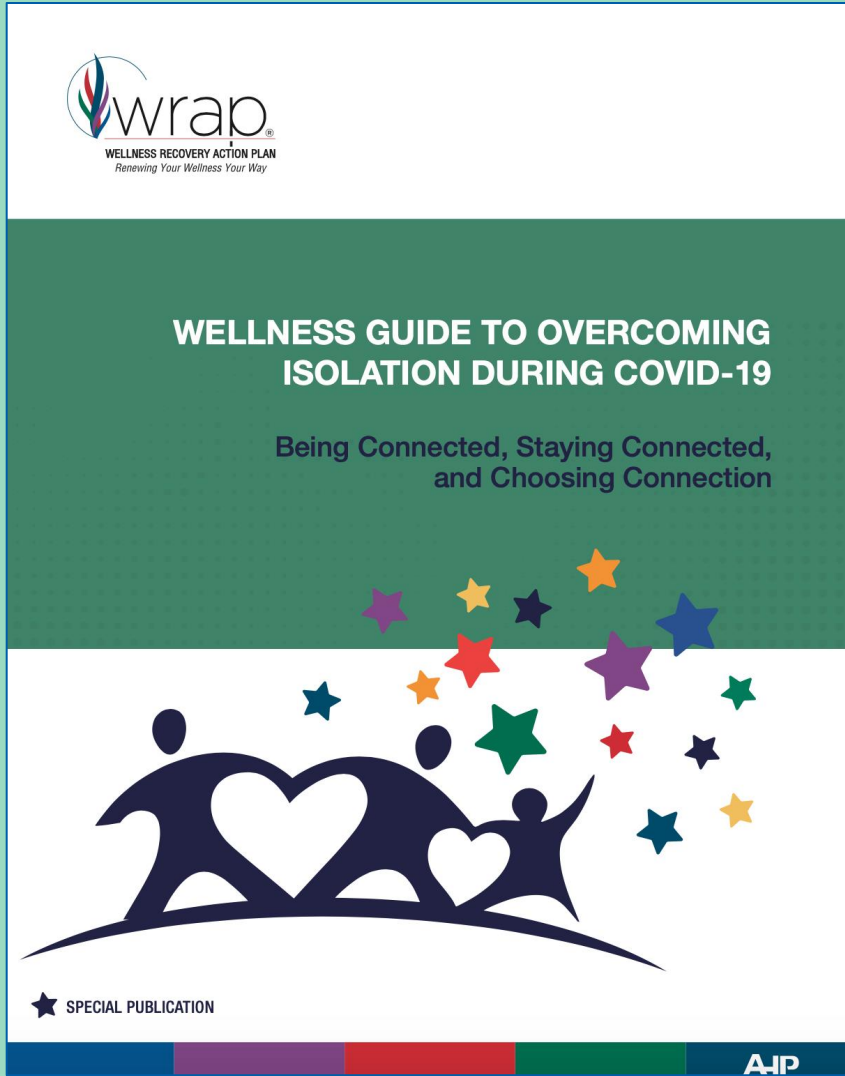
# Which of the values is most important to you right now?



Please share by typing your thoughts in the chat box.

# Next Steps

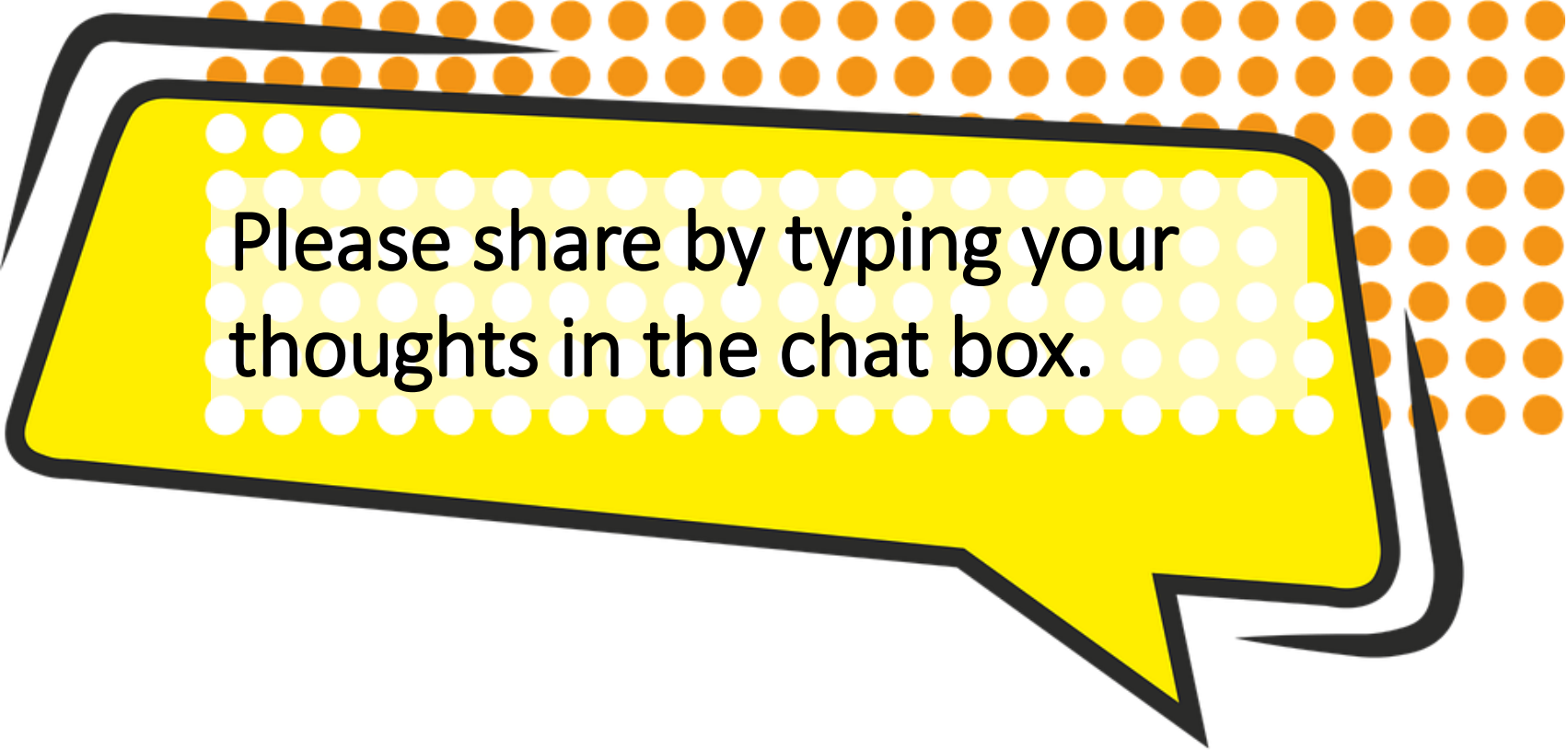
- Expanded version beyond COVID-19
- Co-facilitation guide
- Complements WRAP peer support groups
- WRAP co-facilitator online training
- WRAP co-facilitator peer specialists online groups
- Grassroots peer support 1:1
- Providers share resources
- Workforce and team self-care



# Questions?



# What is your biggest takeaway from today's webinar?



Please share by typing your thoughts in the chat box.

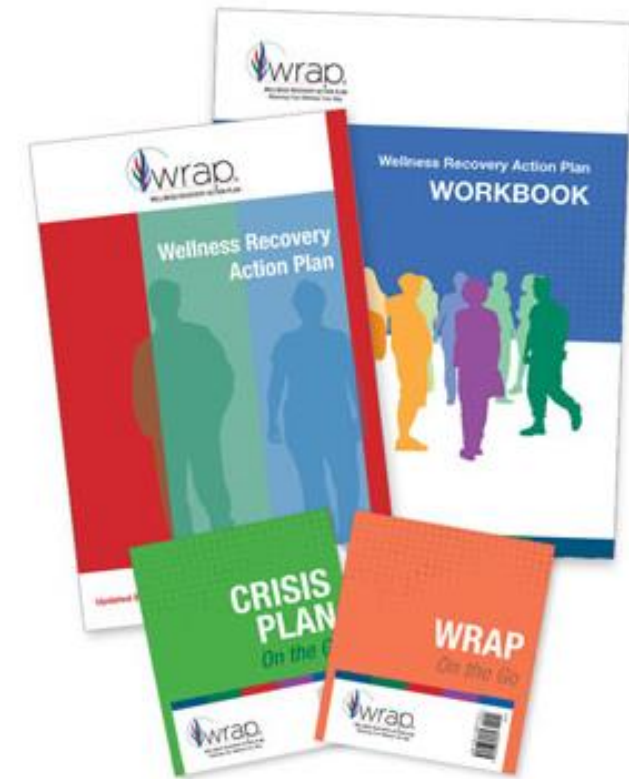
# More Information About WRAP & Other Recovery Topics

## For WRAP and Other Wellness Resources

- AHP's [www.wrapandrecoverybooks.com](http://www.wrapandrecoverybooks.com)

## For Training and Technical Assistance:

- Copeland Center for Wellness and Recovery <http://copelandcenter.com>
- Doors to Wellbeing <http://www.doorstowellbeing.org/>





# We'd Love to Hear from You!



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