



We want our loved ones to live their best lives.

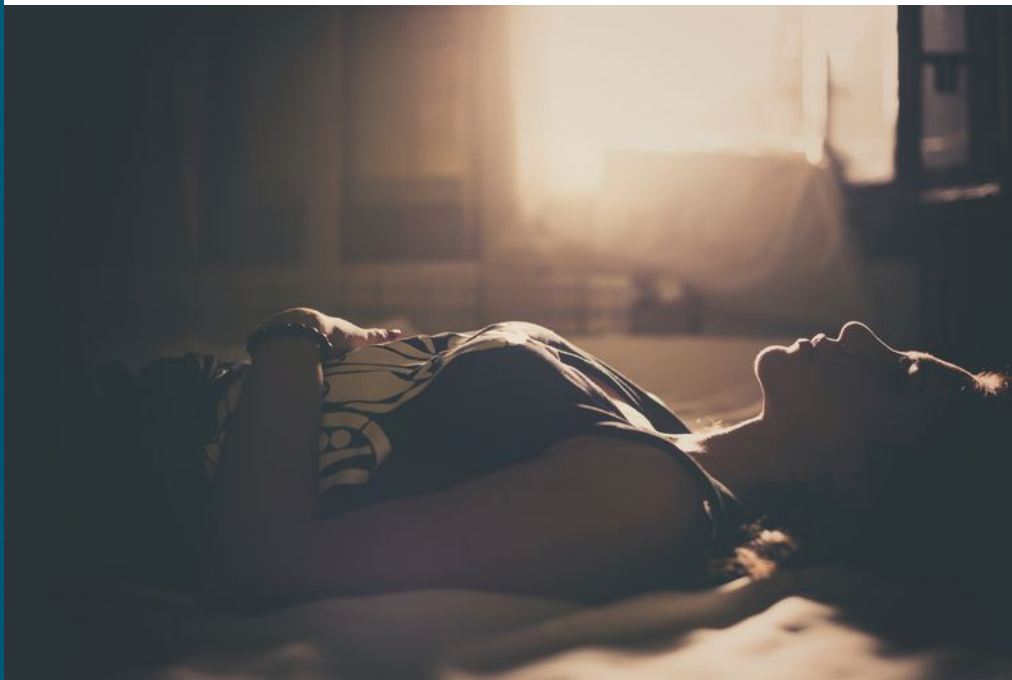
We all want to help.

We just need to understand how.

We Share the How.

What Do You Do When?

YOU FEEL LONELY AND ISOLATED
DURING THE PANDEMIC



In this blog post, we look at the impact of social isolation and loneliness in the Age of Pandemic.

Loneliness is not a new experience for most people. But the anxieties surrounding this pandemic - the threat of death, financial insecurity, social isolation and all the uncertainties and disruptions to normal life – have created a new reality where many people are feeling overwhelmed. Life has become bleak and loneliness is the new normal.

Loneliness causes people to feel empty, alone, and unwanted. People who are **lonely** often crave **human** contact, but their state of mind makes it more difficult to form connections with other people. **Loneliness**, according to many experts, is not necessarily about **being alone**.

We humans are social beings. We are accustomed to connecting and socializing with one another. And when we want to be alone and have some privacy, we can, because it's a choice we make.

During this pandemic, social distancing has been recommended and even mandated -- and has not been our choice. Circumstances are beyond our control. And because schools are closed and we're working virtually we find ourselves stuck at home with family members and roommates.

**When will life return to normal?
Will it ever?**

Knowledge is Power.

We hope these voices help you cope and find the support we all need to get through these tough times.

We have selected medical experts and other credible sources to explain the consequences of social isolation and loneliness, and help us better understand these feelings, and provide coping strategies and resources (e.g tele-therapy) to help during this time of social distancing, and the rest of our lives.

Thanks for reading and check out the links and tool-kits we offer in this column!

We hope you find our offerings helpful.
[Please let us know what you think!](#)

*Stay Safe & Healthy,
Diana and Jan*

7 Tips for Handling Loneliness & Isolation Making the best of a difficult time

by Robert L. Leahy, (B.A., M.S., Ph.D., Yale University), Director of The American Institute for Cognitive Therapy NYC, completed a Postdoctoral Fellowship in the Department of Psychiatry at the University of Pennsylvania Medical School under the direction of Dr. Aaron Beck, the founder of cognitive therapy.

Isolation can be difficult for anyone—but especially for people prone to depression and anxiety. It is natural for us to want to connect with people—in fact, solitary confinement in prison is almost lethal for some people.



But staying at home does not mean we have to isolate ourselves from social contact with other people and it does not mean that we have to become passive and ruminate and worry.

Many people find staying at home can increase their depression and add to their rumination and worry.

Of course, right now we do not know when that will be, so we need to have a plan—a daily plan and a longer-term plan—to cope with being at home.



Our Featured Doctor

Robert L. Leahy, B.A., M.S., Ph.D

Dr. Leahy has been featured in The New York Times Magazine, Forbes, Fortune, Newsweek, Psychology Today, Washington Post, Redbook, Shape, First for Women, Women's Health, Self Magazine, USA Today Magazine and many other magazines and newspapers worldwide. He has appeared on national and local radio and on television (20/20, Good Morning America, and The Early Show).

He is the past president of the Association for Behavioral and Cognitive Therapies, past president of the

International Association of Cognitive Psychotherapy, past president of the Academy of Cognitive Therapy, director of the [American Institute for Cognitive Therapy \(NYC\)](#), and a clinical professor of psychology in psychiatry at Weill-Cornell University Medical School.
[Read Dr Leahy Full Bio](#)



He is author and editor of 27 books, including [Treatment Plans and Interventions for Depression and Anxiety Disorders](#).

Dr Leahy's 7 Tips

There are a lot of things that we can do from our homes while we minimize the risk of infection.

My team at the [American Institute for Cognitive Therapy](#) has been generating a lot of great ideas for coping with the isolation so many of us are going through. We have shared a number of creative and very helpful ideas with our clients and ourselves on how to manage the difficulties of isolation.

Here are some of the ideas that our team has come up with.
(I am sure that you have lots of great ideas, too. Let us know about them.)

Helping Our Teens During Pandemic

TIPS TO HELP **teens** COPE DURING **COVID-19**

⋮
Maintain a daily **routine** with consistent sleep, activity and study patterns.

⋮
Stay **connected** with others and try to find moments of humor.

⋮
Talk to people you feel **comfortable** with about your feelings or worries, then give yourself permission to stop worrying.

⋮
Limit the amount of time you spend talking about or watching news media or social media.

⋮
Be **kind** to yourself and each other. We'll work through this together.



Please stay safe and healthy

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