Staying Active and Connected During COVID-19

April 13th, 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 with 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
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 though
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?