



Covid-19 Challenges of Isolation and Loneliness

By Pastor Peter

Restore dignity, revive hope,
transform lives

Introduction

- *“I live alone, have no family and usually don’t think about it. But as this pandemic forces socially distant, I’ve began to feel lonely”*

What is Isolation?

A condition of being apart from others or of being cut off by wish or circumstances from one's usual associates.

-Merriam Webster Dictionary

What is Loneliness?

An unpleasant emotional response to perceived isolation. Often associated with an unwanted lack of connection and intimacy.

-Wikipedia

Sadness because one has no friends or company.

-Oxford Dictionary

Loneliness is not just a feeling, it is a biological warning sign to seek other humans.

Why/When people feel lonely?

- Social Distancing (Covid-19)
- Missed ability to see others
- Missed ability to hug others
- Missed ability to spend time with friends.
- Life seems shallower
- Life is more survival than living.

Impact of Isolation & Loneliness

- Increase depression
 - Low mood
 - Loss of interest in activities that give pleasure.
 - Low energy
 - Concentration problem
 - Weight gain
 - Sleeplessness

Impact of Isolation & Loneliness (cont'd)

- Economic recession
- Social recession – continued pattern of distancing socially.
- Loss of power of touch.
- Human has a deep need to connect.

Overcoming Isolation & Loneliness

- Stay connected via technology
- Renew old relationship -remember old good days/friends.
- Pamper yourself –Rest! Rest! Rest!.
- Revisit deferred actions – House cleaning, new skill.
- Reflect on the gift of life (alone you came alone you go).



Lets discuss.....



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