

Managing loneliness & isolation during a pandemic

Living alone can have its benefits in good times. It can feel so freeing to have a space that is just yours where you can find peace and quiet. However, Lockdowns, Tiers and general pandemic precautions have turned freedom into isolation. Those on their own are missing human contact. It no longer feels enough to say that things are temporary. People are looking for real world solutions to help manage the reality of physical isolation and emotional loneliness. This session will look at why we, as humans, need connection. We will discuss realistic ways to help those feeling lonely improve their wellbeing. We will also talk about supporting others through this unique moment.

SESSION OUTLINE

- The Importance of Human Connection
- Needs to Be Met
- Finding Connection in New Ways
- Realistic Interventions for Self-Care
- How to Help Others
- Useful websites and resources

SESSION INCLUDES

- Personal attention and feedback in an informal atmosphere
- An invaluable booklet complete with information covered on the session
- Open forum to ask questions

GWEN JONES (SPEAKER)

Gwen is finishing her MSc in Occupational Psychology focusing on Workplace Wellbeing. She is a trained psychotherapist, relationship therapist and coach working with people all over the world to reduce anxiety and have happier, healthier lives. Gwen has worked with Educating Matters for 7 years speaking about Diversity & Inclusion and Wellbeing. She studied Psychology at the University of Utah and then trained to become a teacher in Special Education, working with children with severe behaviour disorders, autism and the at risk population. She has trained many educators on behaviour management and cultural awareness. Gwen has taught in the USA and the UK A mother of 4, she is very active in her children's schools. Political activism has always played a strong role in her life in causes such as: LGBT marriage rights, Animal Conservation, and Rock the Vote.