

Covid-19 Psychological Care – Quarantine Edition

We are an incredibly busy society. But healthcare professionals take it to the next level. It is difficult to find a time when we are not scheduled to be somewhere, doing multiple things at once, and engaged in some task that was overdue yesterday. We are often overscheduled. We struggle to accomplish all the things in our task lists. It is not surprising that we find ourselves at a loss when our routines come to a sudden halt. If we're not able to engage in our usual lives in our usual ways. What do we do, if we find ourselves quarantined for a few weeks due to exposure to the Covid-19 virus?

1. Read our previous post for Covid-19 psychological care!
2. Remember it is temporary. "We can endure almost anything if we know it is time limited."
3. Welcome the opportunity to catch up on much needed sleep, rest, relaxation, and other activities we often wish for but 'have not' found time to do.
4. Create a new routine where, if feeling well, you commit to exercising daily, eating nourishing meals, and sleeping well.
5. Engage in uplifting activities – Remember that book you wanted to read? Download it! What about those movies? Be thankful for streaming services! Or those Ted Talks you have long wanted to watch? You are on! How about the practice of meditation? Maybe you have often thought of it but have had no time to learn and practice it. You Tube has some great beginning resources!
6. Stay connected. Face Time with family and friends. Make use of this time to write letters and cards. This is a great time to reconnect with that old college friend or roommate with whom we've lost touch. Or that person to whom we meant to express gratitude, but time passed, and it escaped us.
7. Get a head start on Spring Cleaning! Take the closet for example – I know you have wanted to do it for a long time. Why not now? What about the pantry? Or the garage? Priceless! 😊
8. If you suffer from a mental health condition and you experience an increase in your symptoms:
 - If you are being treated by a mental health professional, reach out to that professional. Often, a phone or online session can be scheduled.

- Call a mental health professional in your area. Many of them offer phone and/or online services.

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