

Self-isolation and psychological health

It's not easy for many people to withstand the conditions of self-isolation.

Lack of familiar things such as going to a cafe, fitness center, walking around shopping centers, meeting with friends, and in some cases with relatives, going to work and visiting educational institutions. How to survive in self-isolation circumstances and save psychological health?

Why we need go to a psychologist?

Most people in conditions of self-isolation can meet with both temporary and long-term mental health difficulties. Stress, insomnia, emotional exhaustion and psychoactive substances abuse. Factors such as self-isolation or quarantine lasting more than 2 weeks, poor awareness of the causes of a pandemic can lead to disturbances in the human mental activity to one degree or another.

Violation of the daily schedule is something that most people have faced. Compliance with certain actions order is a habit. When this is disturbed, the brain feels danger due to leaving the comfort zone. At first, a person will feel disoriented. A feeling of apathy is possible for a short time. New habits are being developed, the body is getting used to new conditions - the brain needs to spend extra energy on this, but he doesn't really like it.

If this stage brings you great discomfort, you feel lost, you cannot normalize your day on your own you may consult a psychologist. The specialist will tell you how best to deal with your difficulties, teach you relaxation methods, talk about self-organization methods and select the most suitable way to raise your tone.

Also, we all faced a state of anxiety. All the pipelines are talking about the virus, almost any conversation with someone comes down to a pandemic. Masks, gloves, protective suits, patients, pneumonia, coughing,

hospitals and much more - words and images that fill the entire surrounding space. How about not to feel anxious about all this? No way. Feeling worried about the current situation is NORMAL. Remember this

And how about the cases when it causes real fear, horror, panic in you? When it disturbs with your quiet life, interrupts with sober-thinking and endangers your health? In these situations, you need to ask for help. First of all, a specialist will help to understand the underlying causes of anxiety, it is these causes that can surface in this troubled times. S/he will decide on the best strategy for working with the such condition, because working with fears and a constant sense of anxiety is very individual and does not lend itself to the general scheme.

A rather big problem in the condition of self-isolation is the crisis in relationships. The most common questions:

Irritations and conflicts on domestic issues.

Even if the family would seem to be already outgrown this step. In the conditions of constant joint pastime all this comes back. What can we say about young families. Didn't wash in time dishes, forgotten garbage, didn't screw shelf and a variety of little things become the cause of quarrels.

"Inveterate problems."

Some of family problems, we tend to "fade" and not solve. In the usual high rhythm of life, we simply have no time to solve the problems which we can live with. We do not spend time and energy on many issues, preferring to postpone this serious conversation "until better times".

Reinforced child custody

Constant instructive words, notations, and hyper-custody, first of all, are a super-possible (especially in these conditions) load on the psyche of children. Especially relevant for adolescents.

Your psychologist will successfully solve these problems, tell you how to solve small family issues, choose a family time together with you, advise on the best team building games or recommend a list of books and films for the whole family, based on your difficulties and taking into account development targets. It will show you how to minimize possible gaps in education by minimizing hyper-care on the part of an adult. And, of course, she will choose a joint path to solving the problems which your family has been dragging on for a long time.

In isolation, we also have a unique opportunity to see: who is he, the significant other? Who is he next to us? Our children, grandchildren, grandparents, mothers and fathers. What can interest and unite us in this difficult situation? Are there any favorite shared books and movies? Are we ready to solve problems together? This is a time of communication with each other. And we should not be afraid of a divergence of opinions, for this case the Roman philosopher Seneca has a brilliant phrase: "Do not agree with me at least in something for we would be together."