

PODCAST Episode 4

COVID

8 December 2020

Hi,

I'm Dr. Charles David Tauber CEO of the Coalition for Work with Psychotrauma and Peace, the CWWPP. To see more about what we do and how we do it, please look at our website, www.cwwpp.org. We welcome your comments on this podcast and your suggestions for future podcasts.

In this podcast, we are going to talk about COVID-19 and what you can do during a lockdown. A lot of the suggestions that we make here are also applicable to other crises. Also, some of these suggestions are on our website, so that you might want to have a look there.

Covid-19 has encouraged a lot of fear in the community and, probably, to a certain extent, rightly so. We do need to be careful, but we also need to live. Covid-19 has disrupted our livelihoods. A lot of people are unemployed because of it. A lot of people are working from home. It disrupted our family life, it disrupted our hobbies, it has disrupted our routines. In short, it disrupted our whole lifestyle.

One very important distinction that we want to make at the beginning is that we are very much for physical distancing, but we are *not* for social distancing. What's the difference? Being physically apart is a good thing under COVID-19. Being apart from people is *not* a good thing.

There are enough ways of keeping in contact with people. You can use platforms like Skype, Zoom, Viber, and a lot more. With them, you can keep in touch with people, and we very much encourage you to do so. It is very good for your mental health to be in contact with people.

Stay in touch with family and friends, either individually or in groups. Stay in touch with your colleagues. You can even hold online parties. You can do online classes. You can do your work online. We also encourage you to get into an online support group. If you don't have such a support group, you can form one.

In this or any other crisis, take it little by little. If you can't look ahead for a year, look ahead for a month. If you can't look ahead for a month, look ahead for a day. If you can't look ahead for a day, look ahead for an hour. If you can't look ahead for an hour, look ahead for the next five minutes. Concentrate on what you are doing at this moment, not on what you going to do tomorrow or a year from now.

Don't obsess on Covid-19, don't watch the news and listen to the radio about it constantly. That won't do you any good. What's going to happen is going to happen.

Get the correct sources. There is a lot of misinformation out there.

Make goals, long term goals, medium-term goals, and short-term goals. Figure out ways of making plans for implementing each one of those goals.

We encourage you to have a specific interest, things that you will do during the day, week, and month. What things can you do? It can be making music, listening to music, eating, cooking, doing art, watching movies. There are many things you can do.

We encourage you to do exercise. It has been proved that exercise is good not only for your physical health, but it's good for your mental health as well.

Do something for yourself, something that you like for at least half-hour to one hour a day. If you can, do it a couple of times a day. Make light points for yourself during the day. Choose things which you can do and look forward to doing those things.

It's very important to get your feelings out. We've made another podcast on how you do that. Get your feelings out through art, writing, music. Do anything where you are creative and where you feel that you can get your feelings out. Talk to people.

Try to make a routine. Figure out a plan, write it down on a paper or put it on the computer, and figure out what you are going to do and at what time, today, tomorrow, and even next week.

Remember, Covid-19 is not forever, it will pass. It's already beginning to in some places.

Stay in touch with your family and other people.

Thank you for listening. Give us your suggestions for future podcasts.

Stay safe!

We see you in the next podcast.