



Social distancing while emotionally connecting

Coping in Pandemic



This is a self-help material created by Corvinus Student Counseling Center addressing how to stay connected while you practice social distancing.



Social distancing

Stay in touch virtually!

Do not blame on yourself if you feel you need more contact than previously!

Sharing emotions!

Sharing how you feel, what kind of thoughts you have in the presence of listening ears and eyes can be helpful to structure what is happening in your mind and decrease anxiety.



What to talk about?

Talking about pandemic and news is okay however it is easy to get stuck to these topics. Try to share how you spend your days, bring up memories experienced together or even talk about topics you have never talked to the particular person. You can look at that situation as an opportunity to get to know even more about the other.

Doing things together online!

You might discover activities you can do together while you are online e.g. watching movies, having a meal, playing video games, reading a book, cleaning the house, cooking etc.



Social distancing is one of the key protective actions in pandemic. Though we try to follow the safety recommendations it can be challenging to cope with its psychological impacts. **Social connection is one of the primary human needs** therefore it is okay to feel sadness, fear, anxiety, numbness, anger when circumstances limit this innate desire. However we might be apart physically for temporary time, it does not mean we could not connect emotionally which is a core element in relationships.

Self-quarantine, travel restrictions, distant learning have been creating different scenarios for getting apart from beloved ones.

You might experience:

- Missing family, partner, friends
- Homesickness can be (re)triggered
- Need for physical presence, touch
- Sadness: not seeing others in person, not knowing when you can meet them face to face again
- Anger: circumstances deprive you of physical connections
- Fear: how your relationship will be impacted by distance
- Loneliness: be alone in stressful situation
- Conflicts in the relationship, difficult to manage them online

How can you keep emotionally connected?

Stay in touch virtually

Some of you have been already experienced in connecting with beloved ones this way. Others need to make themselves comfortable with more frequent online communication which will be the place not only for daily small talks but also longer and emotionally deeper conversations. Do not blame on yourself if you feel you need more contact than previously especially if you need to stay alone in self-quarantine. Do not give up on online contact even if it does not provide you with the same experience like personal meeting.

Sharing emotions

Sharing how you feel, what kind of thoughts you have in the presence of listening ears and eyes can be helpful to structure what is happening in your mind and decrease anxiety.

What to talk about

Talking about pandemic and news is okay however it is easy to get stuck to these topics and escalate each other's panic.

Try to share how you spend your days, bring up memories experienced together or even talk about topics you have never talked to the particular person. You can look at that situation as an opportunity to get to know even more about the other.

Doing things together online

You might discover activities you can do together while you are online e.g. watching movies, having a meal, playing video games, reading a book, cleaning the house, cooking etc.

Finding/creating something which remembers you to the person

Gift, picture, clothes etc.





Be patient with each other, show empathy

Be aware that the source of your negative feeling is not necessarily your partner and vice versa. Reinforcing each other about it, communicating with “I-statement” and not blaming on each other can help to avoid unnecessary/resolve conflicts. “I feel frustrated. I need some time to calm down, could we continue this conversation later?”/I miss you, it makes me feel miserable at the moment. Could we stay on Skype while I am preparing dinner? “

Sometimes it is easier to show anger or avoidance than deeper vulnerable feelings (need for comfort, reassurance that we are important, lovable). It is useful to keep it in your mind when you perceive those reactions. Expressing your need and what the other means to you can strengthen bonding/reconnecting.

Being alone

If you need to stay alone in self-quarantine it is especially important not to get completely isolated. Initiate contact with others, join online groups. It might be an opportunity to create new relationships. Develop adaptive ways which help you to manage your frustration, anxiety when you are not in contact (e.g. relaxation, physical activity, writing journal). You might feel that certain substances can decrease your negative feelings but do not forget these are temporary soothing solutions having strong, long-term negative impacts on your health. Create a plan what else can substitute for them (calling someone, meditating, listening to music, drawing your emotions, doing your hobby etc.) when you feel the urge to use them.

