

EXPERIENCING ISOLATION DUE TO COVID-19? ONE WAY TO SOLVE THE PROBLEM

Case Study

A few months ago Shanice was excited to start her first year at University, studying in the Business School.

When she first arrived, Shanice made a few friends with those near her flat, but with all the COVID restrictions, contact fizzled out over time. She didn't feel a part of any 'household bubble' and those she passed by in her accommodation seemed distant and frustrated with the limitations they all had to live under. For all students, relationships and friendships seemed really difficult to establish and maintain.

Shanice became more and more worried that she was becoming isolated and this would make her time at University and studies difficult. However, talking things through, her Dad pointed out that other students in her accommodation would also be in a similar situation. Thinking this through Shanice became more confident. There might be a way through becoming isolated if all students in her halls could just work together on problems with isolation and generate solutions. When teaching started however, she became disillusioned to find out that very few students in her halls were getting along with each other.

Basically, trying to keep as much distance from each other as possible, they were not seeing each other that much. Because of this, things were getting strained, students in halls were getting increasingly annoyed with each other, even over the smallest things.

Feeling isolated, Shanice became worried that she may be getting depressed. However, after checking the NHS website on depression that included a short depression questionnaire, she became relieved. Shanice found out that, like many others, although feeling a little down, she was likely not depressed. Later that evening she got chatting to her parents who were concerned and had looked at the University website to see what support was available. On the Wellbeing Service webpages, her mum mentioned seeing a prevention approach that supported problem solving as a way to address isolation and loneliness. She encouraged Shanice to have a look and to give it a go.

If you currently feel isolated and perhaps lonely, then why not have a look through this prevention approach. It may help enhance your problem solving skills, and maybe working with others, find ways to create a sense of community to overcome feelings of isolation and enhance wellbeing.

Give it a go, what have you got to lose!

