

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

## Case Study

Nia moved into Birks Grange Village in September, excited to start her first year studying Psychology, but aware things would be more difficult due to restrictions arising from COVID-19. However, she was confident that working with other students in a similar situation they could find a way to manage. She was also relieved when she found out she was in a Household Bubble with five other students in her halls, thinking this would help her make friends and get them through the pandemic.

However, following a number of Teams meetings, Nia was disappointed to find out that members of her 'Household Bubble' were just not getting along. They were frustrated that beyond University, they weren't enjoying their wider experience as much as expected. Rather than drawing the household bubble together to create their own community, COVID restrictions served to increase tensions between them all and several flat mates were becoming distressed. Flat mates in the household met together to see what could be done, but several of them became angry. As a consequence, household members stopped talking and started to feel quite lonely.

Feeling isolated, Nia became worried that she may be getting depressed. However, became a little more relieved after checking the NHS website on depression including a short depression questionnaire, she found out that like many others she was probably just feeling a little down rather than depressed. Later that evening Nia got chatting to her parents who were concerned and had looked at the University website to see what was available to support students. On the Wellbeing Service web pages, Mia's mum mentioned seeing a prevention approach that supported problem solving as a way to address isolation and loneliness. She encouraged Nia to have a look and 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!*

