Social Isolation Help

- 20 year resident of New Berlin
- This is where my husband and I raised our 3 sons
- I love Milwaukee!
- Originally from Cleveland, OH
- Got my Master’s in Counseling in the late ‘90’s from John Carroll University, OH
- More recently trained as a Life Coach
- I am Guidance Coach at a local K-8 school (work with kids in person at the school)
- Also have my own company, iCareCoach.com
  - I meet 1-on-1 with adult clients either on a phone call, or “virtual” facetime calls or Zoom meetings like this
  - help clients set & achieve meaningful goals
  - We meet weekly, biweekly or monthly
  - Using fun self-discovery exercises, clients learn about their strengths and abilities
- Love that Coaching is
  - there is no diagnosing
  - usually ST
  - empowers you to solve own probs
  - action-oriented (strategic HW)
  - looks to future rather than dwelling in the past

Isolation has us out of balance
  - loss of control
  - approach this systematically to be sure we are attending to the important areas of our lives.

I have ideas to help in each area.

1) Spiritual
   - Pray
   - Meditate
   - Mindful pause- breathe for 15 seconds and choose a strength and how to use it)

2) Physical
   - Deep breathing
   - Guided imagery
   - Walks
   - Stretch
   - Light weights
3) Intellectual
   - Learn something new like a cooking show
   - History channel
   - Read a good book
   - Watch uplifting movie or comedy show- take breaks from the news!

4) Social/Emotional
   our primitive brain can go negative quickly since it’s been wired to identify threats.
   - When sense yourself going negative, picture a STOP SIGN & replace those with + thoughts (family, nature, good friend)
   - List of Blessings (Happy List) & post it
   - Focus on small blessings (robin)
   - Create inspiration board
   - Write a note and say why a person meant so much to you
   - Call a positive person

MOSTLY- REMEMBER THIS IS NOT PERMANENT!

#1 TRAIT associated w/happiness
Gratitude
   - exercises (control our mindset/focus)
   1) Simple as a list POSTED
   2) Gratitude jar or journal about
      - Something I’m looking forward to
      - Something I am thankful for
      - 3 people who make me happy
      - Something little that makes me smile
   3) STOP - thoughts & replace w/ list
   4) Nightly
      - 3 gratitude items from that day
      - and why you think they happened- by end of year, hundreds!
   5) Happy Place (get senses involved)

Some days I turn to the
STOICS
   - Believed we should love our fate, whatever that is and...
   - Look @challenges with curiosity and respect
   - REFRAKE “What strength am I developing?”
   - Expecting only the best to happen to us doesn’t make sense- no one has a life like that
- And if you don't have a life with stories of things you have had to overcome, Stoics don't want to hear about it 'cuz it would be boring. They see life as a hero’s journey- exciting adventure story!

Strengths assessment for free at viacharacter.org
- Found my top strengths that I use in hard times (humor, appreciation of beauty & excellence <music>)

Offer free discovery calls iCareCoach.com