

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
- REFRAHE "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