



Social impact of Covid19

Als ik groter ben, wil ik graag een bloun
worden, want dan kan ik iedereen aan het
lachen maken, maar dan krijg je geen geld,
maar dat geeft niet, want ik wil geen gieren-
geyd zijn.

Ik wil de mensen alleenom het lachen ma

Arshad

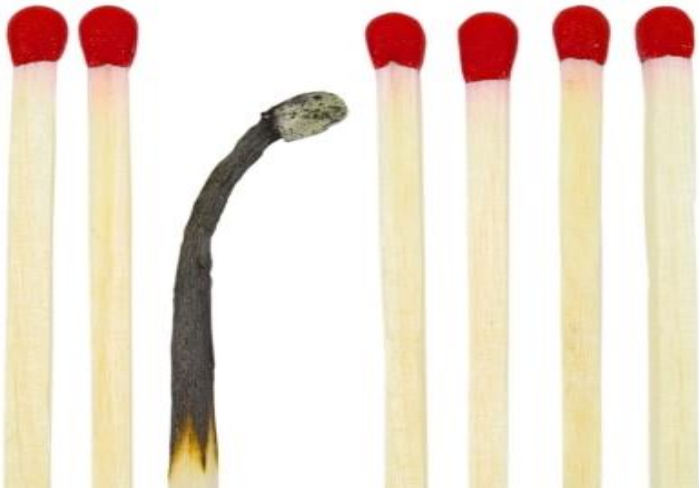
Agenda

1. Impact of social isolation
2. Basic human needs
3. Stress & anxiety
4. Tips
5. Dialogue

Pre-Covid

Pre covid19

1 out of 7 people has burn out related symptoms in the NL



By 2030 more people will be affected by depression than any other health problem



Hoe vaak komt eenzaamheid voor?

30% van de Nederlanders
voelt zich matig eenzaam

8% voelt zich sterk eenzaam

GESLACHT

| | matig eenzaam | sterk eenzaam |
|-------|------------------|------------------|
| Man | 32% | 8% |
| Vrouw | 29% | 9% |

HERKOMST

| | matig eenzaam | sterk eenzaam |
|-------------------------|------------------|------------------|
| Autochtoon | 29% | 7% |
| Westers allochtoon | 34% | 11% |
| Niet-Westers allochtoon | 40% | 20% |

LEEFTIJD

| | matig eenzaam | sterk eenzaam |
|-------|------------------|------------------|
| 19-34 | 26% | 7% |
| 35-49 | 29% | 8% |
| 50-64 | 31% | 9% |
| 65-74 | 34% | 7% |
| 75-84 | 40% | 10% |
| 85+ | 45% | 14% |

BURGERLIJKE STAAT

| | matig eenzaam | sterk eenzaam |
|-----------------------------------|------------------|------------------|
| Gehuwd, samenwonend | 28% | 5% |
| Ongehuwd, nooit gehuwd geweest | 33% | 12% |
| Gescheiden | 38% | 20% |
| Weduwe, weduwnaar | 42% | 16% |

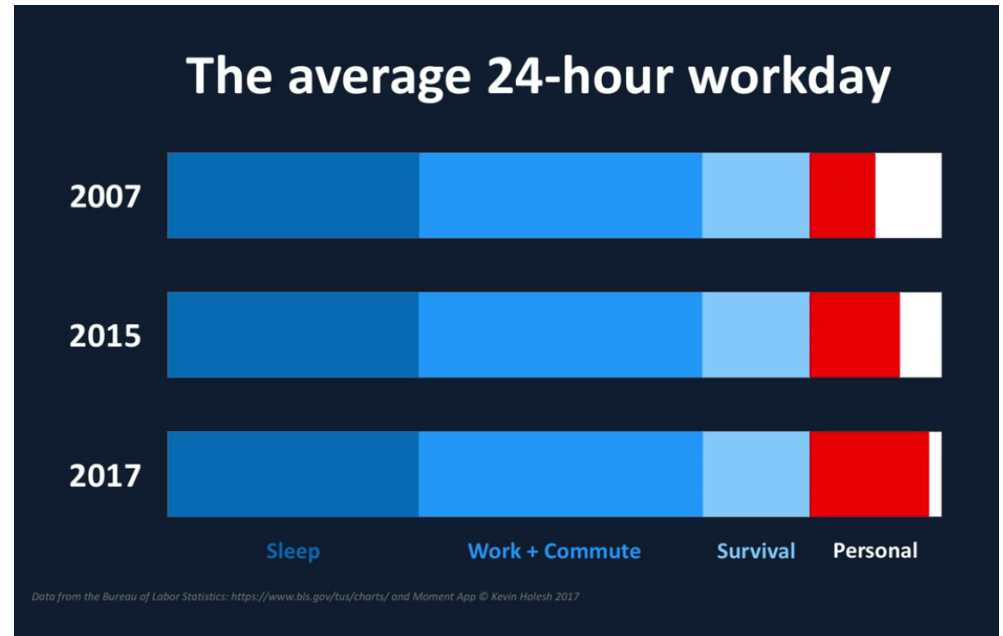
OPLEIDINGSNIVEAU

| | matig eenzaam | sterk eenzaam |
|------------------------------|------------------|------------------|
| Laag (lager onderwijs) | 40% | 17% |
| Midden 1 (mavo, lbo) | 34% | 10% |
| Midden 2 (havo, vwo, mbo) | 29% | 8% |
| Hoog (hbo, wo) | 27% | 5% |



Bronnen: Coalitie Erbij, RIVM.

We work less hours but are too busy to be happy



Time connected
online

COVID19

HOME » LIFESTYLE » 17.000 NEDERLANDERS VERLIEZEN HUN BAAN IN MAART DOOR DE CORONACRISIS

Aantal nieuwe WW-uitkeringen stijgt met 42% in maart – 17.000 mensen hebben hun baan verloren door de coronacrisis

CORONAVIRUS: LOCKDOWN IS A PRISON FOR THE ABUSED

INTERNATIONAL

Coronavirus lockdown | Surge in domestic violence, says WHO

60% rise in calls by women subjected to violence in Europe



Advocaten: eenderde meer chtscheidingen door coronacrisis

De coronacrisis gaat zorgen voor een grote piek in het aantal echtscheidingen, mogelijk wel tienduizend meer dan normaal. Het kan mede daardoor wel anderhalf jaar duren eer echtscheidingen bij de rechtbank afgewikkeld worden.

Research on impact of social isolation

- 13 studies show social isolation increase mortality risk:
 - Bad for psychological and physiological health and well-being
 - Social isolation = smoking 15 cigarettes a day
 - Social isolation = risk of 50% dementia, 32% stroke 25% cancer
- Social isolation impacts out immune system negatively
- Men losing their job have up to 85 % higher risk of all-cause death



March 2020 was the first March without a school shooting in the U.S. since 2002

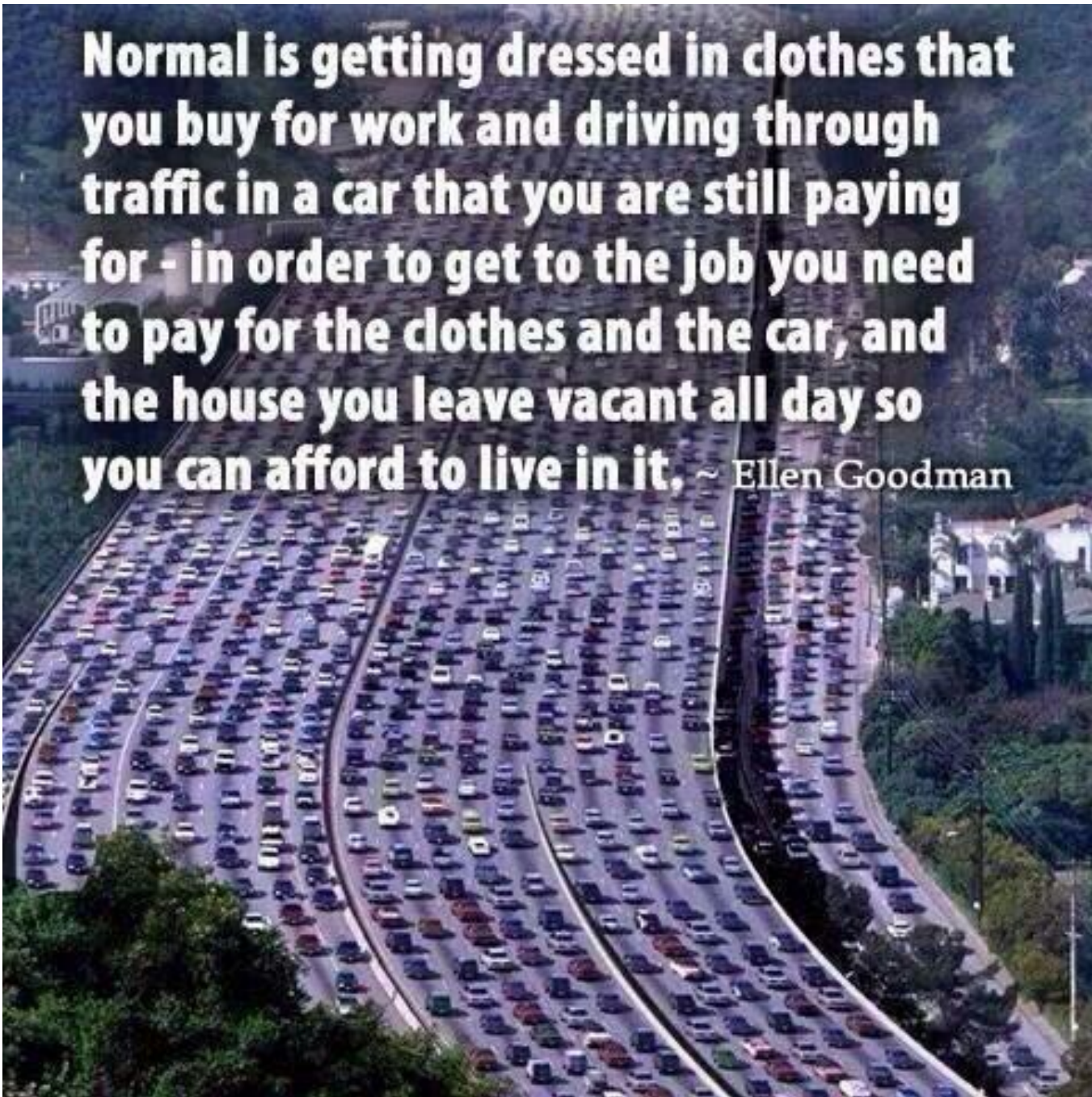
BY SOPHIE LEWIS

APRIL 14, 2020 / 2:45 PM / CBS NEWS



Normal is getting dressed in clothes that you buy for work and driving through traffic in a car that you are still paying for - in order to get to the job you need to pay for the clothes and the car, and the house you leave vacant all day so you can afford to live in it.

~ Ellen Goodman



Positive / negative ?

We are wired to be pessimistic

- Loss aversion bias & negativity bias
- 95% subconscious → 70% negative programming from our childhood
- 50.000 thoughts a day from which 90% negative

Human needs



Good relationships keep us happier and healthier

- 75 years Harvard study:
 - 456 poor men growing up in Boston
 - 268 male graduates from Harvard's classes

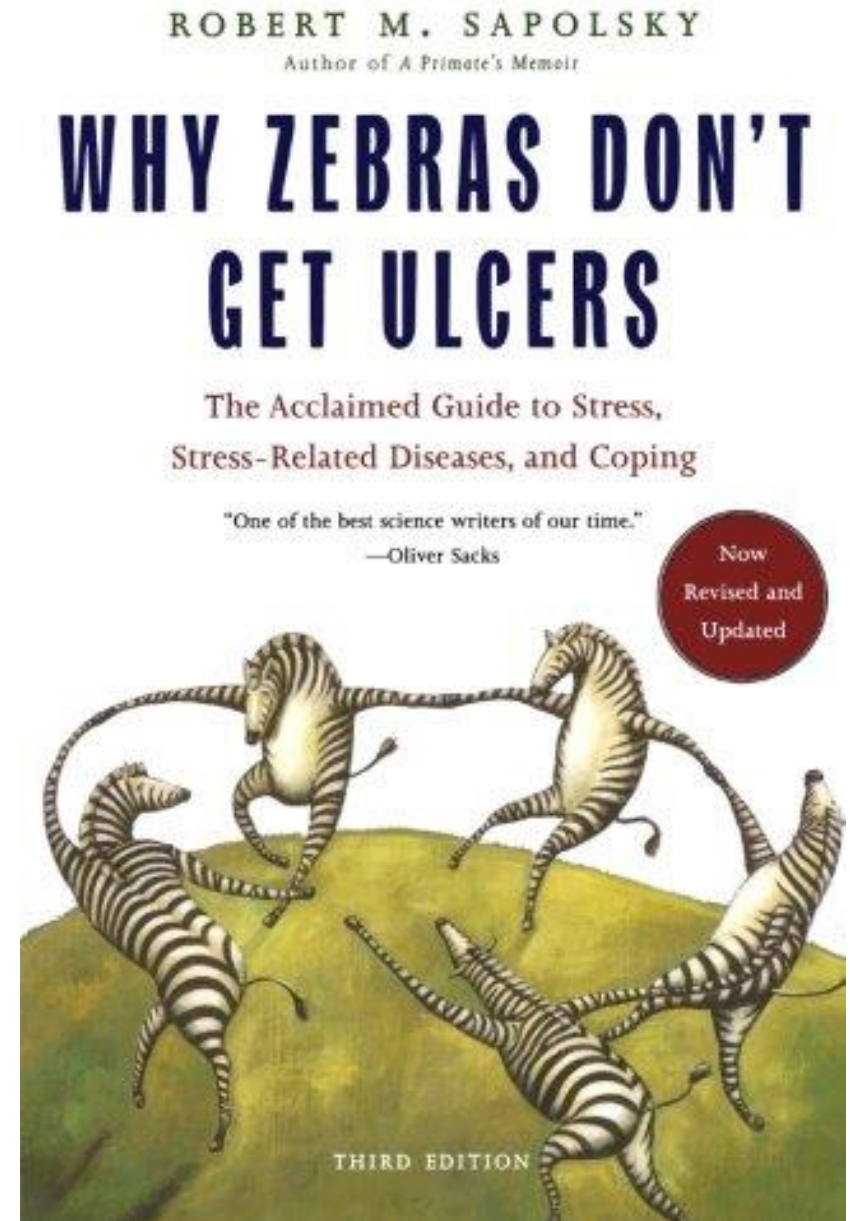


Stress and anxiety

“We have evolved to be smart enough to make ourselves sick”

– Robert Sapolsky

90% of all illness is stress-related

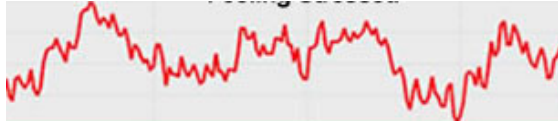




=



160/bpm



160/bpm



Negative

Positive

Active

Passive



60/bpm

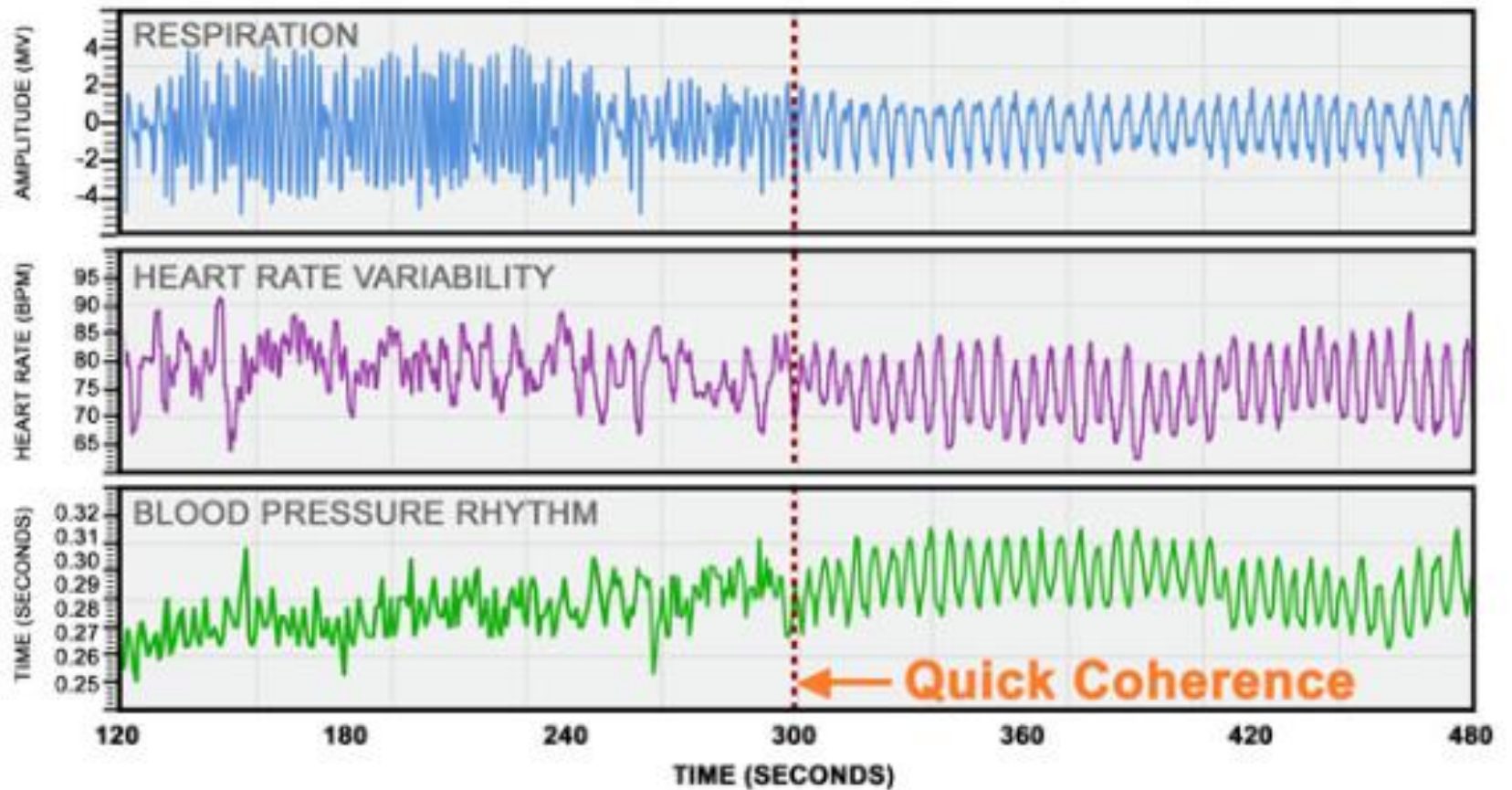


60/bpm

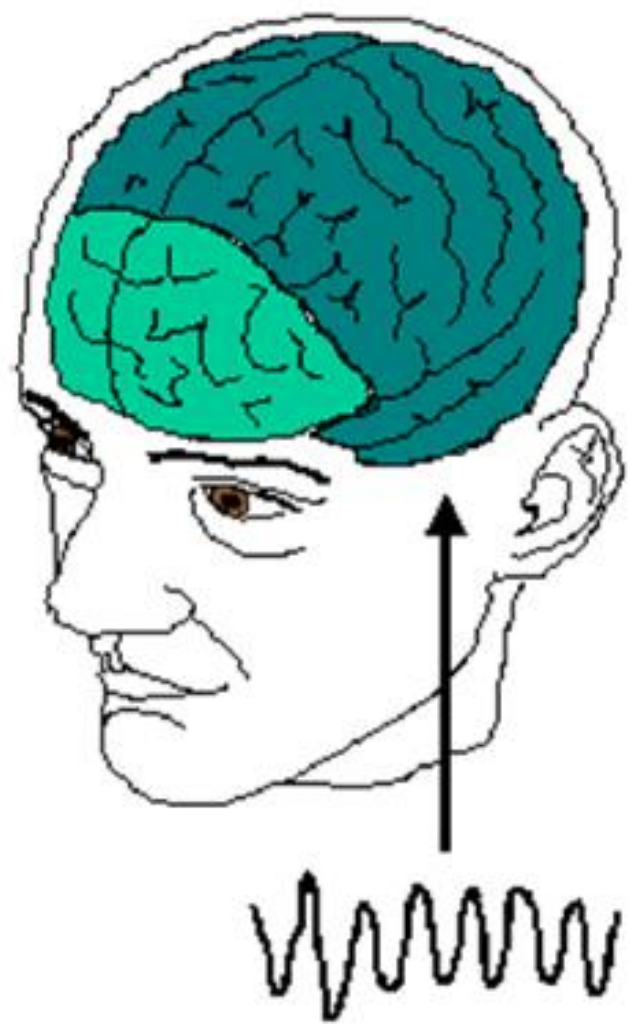


STRESSED

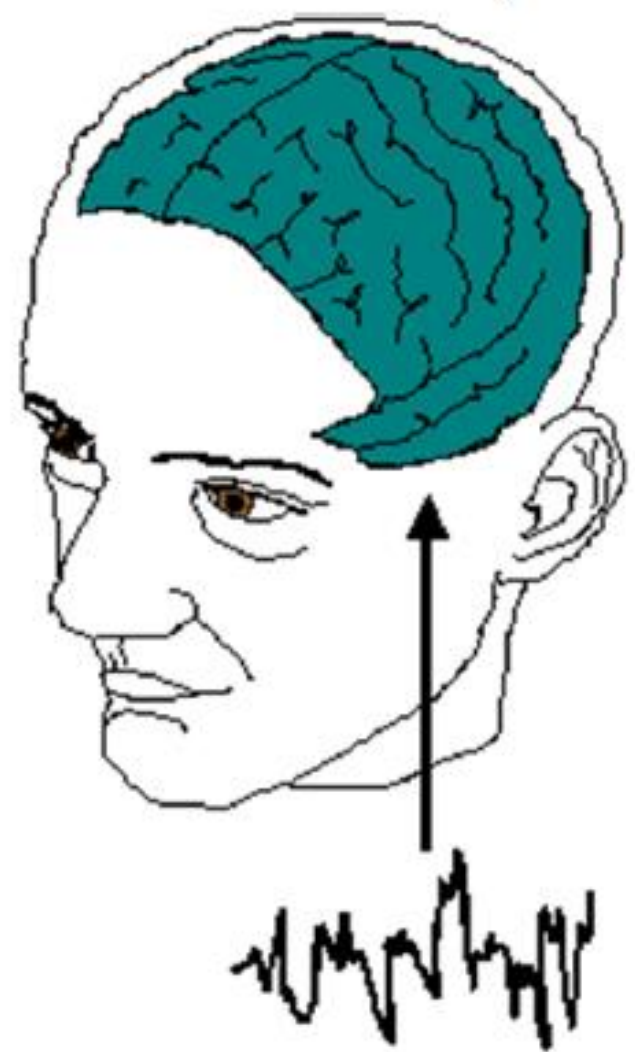
CALM



Brain 'On'

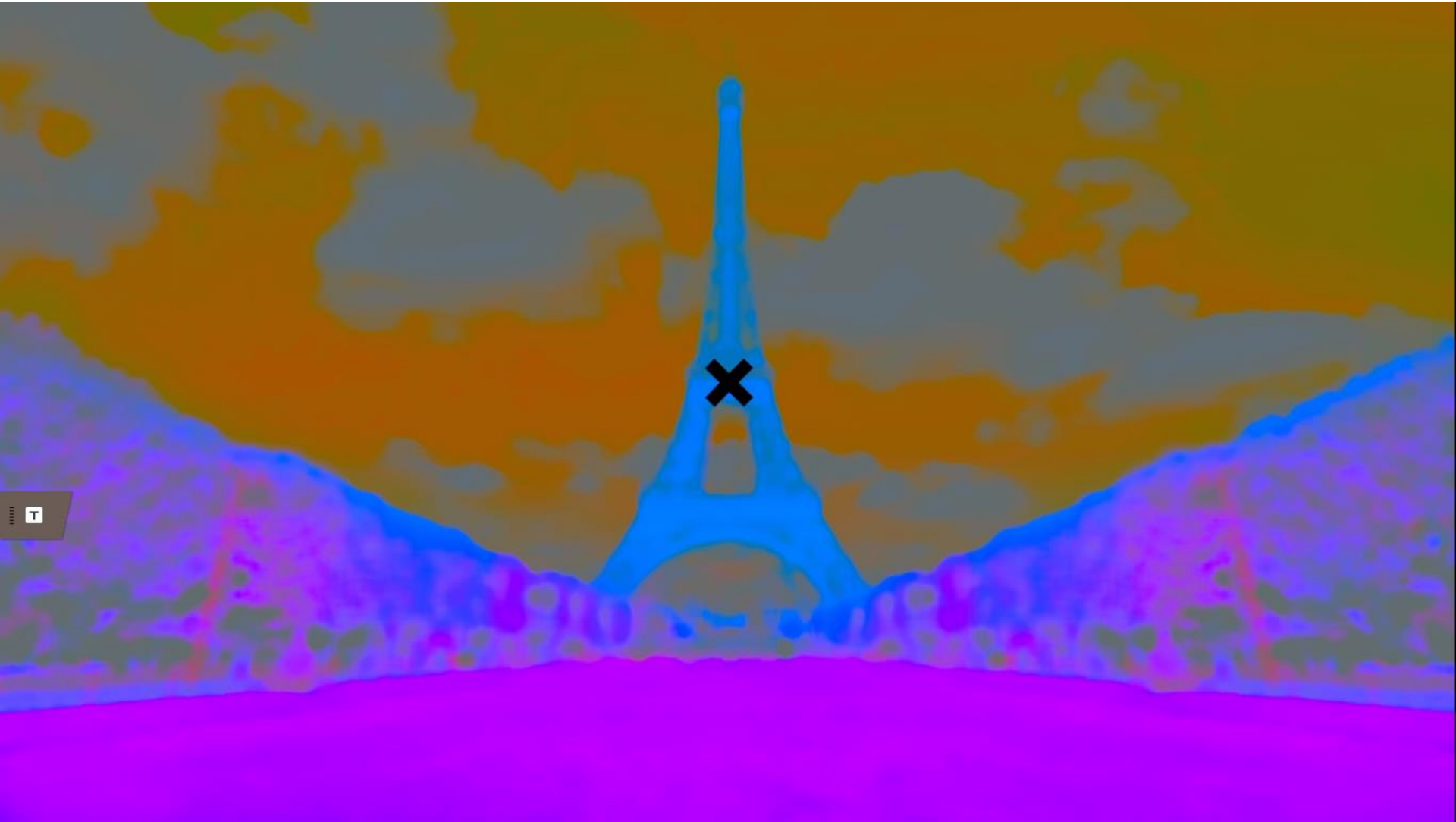


DIY Lobotomy



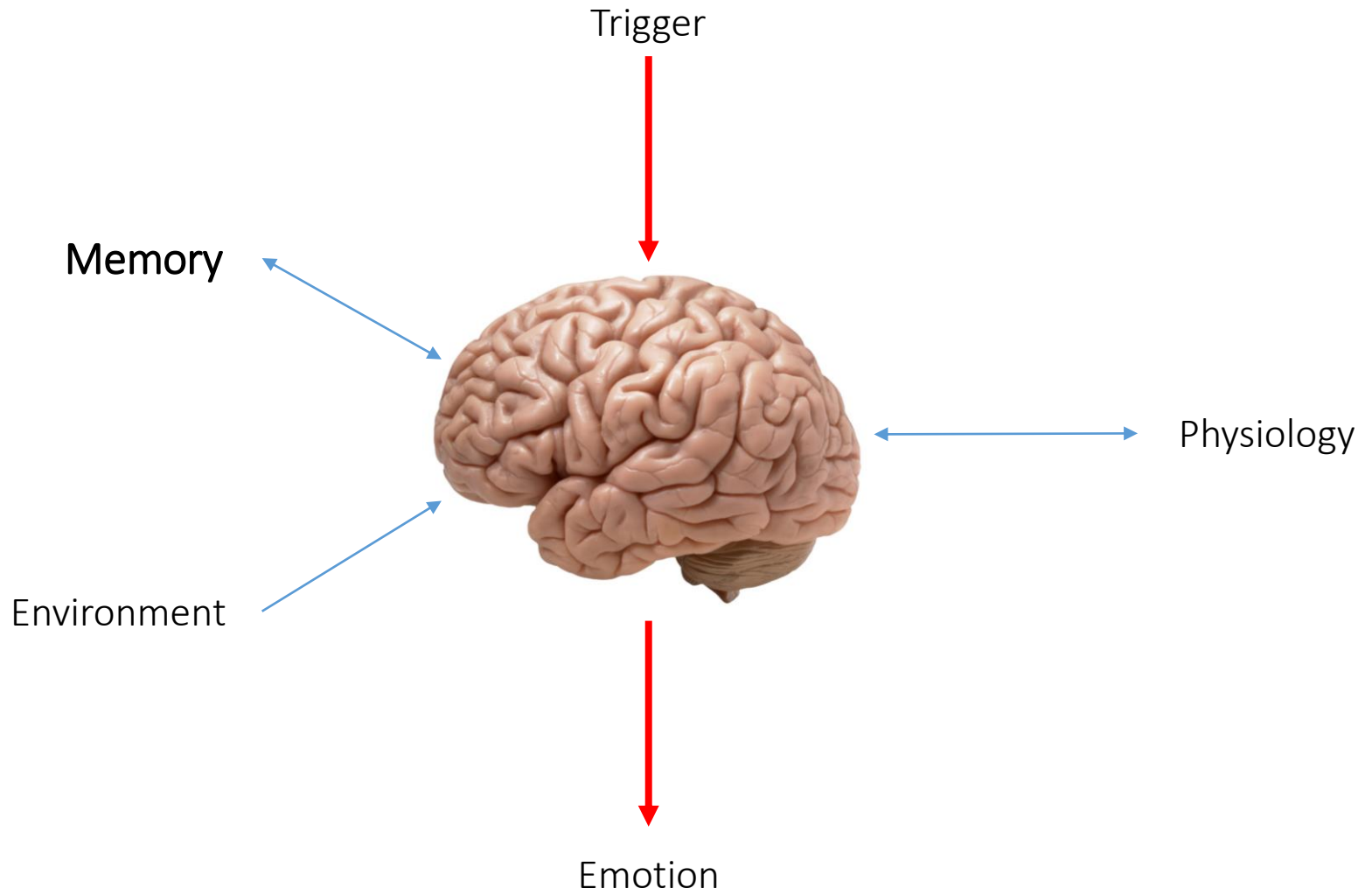
**60 seconds of mindful breathing
can remove all cortisol from your
blood and bring your neocortex
back online**







11111
T



Our memory is conditioned, but most people are not conscious of this conditioning



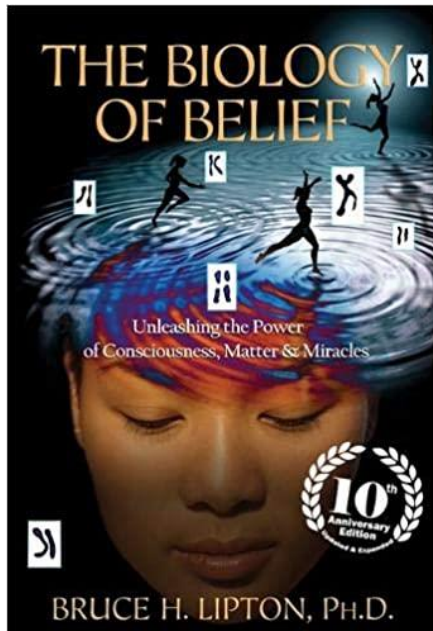
1. Verbal conditioning
2. Modeling (copying)
3. Specific life experiences

A photograph of Kelly McGonigal, a woman with long, wavy reddish-brown hair, wearing a dark blue blazer over a light-colored top. She is smiling and looking upwards and to the right, with her right hand raised in a gesture. The background is blurred, showing an audience and a stage setting.

"When you choose to view your stress response as helpful, you create the biology of courage."

Kelly McGonigal

Epigenetics





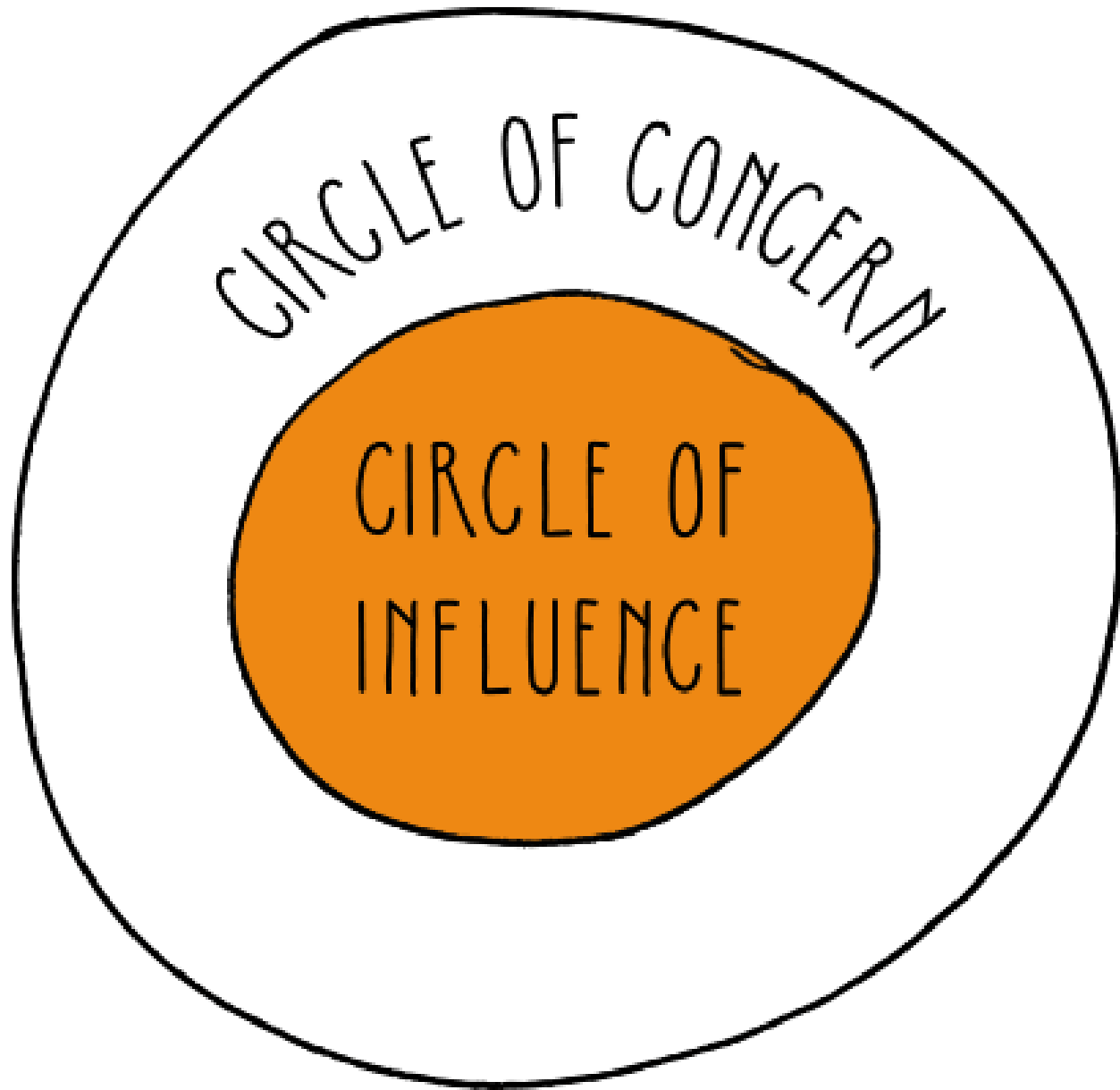
TIP!

Don't mistake the headlines for the trend lines

5-year-old is first child death from COVID-19-related inflammatory syndrome reported in U.S

New York Covid19 deaths

| AGE | Number of Deaths |
|--------------------------|------------------|
| 0 - 17 years old | 3 |
| 18 - 44 years old | 309 |
| 45 - 64 years old | 1,581 |
| 65 - 74 years old | 1,683 |
| 75+ years old | 3,263 |
| TOTAL | 6,839 |



CIRCLE OF CONCERN

CIRCLE OF
INFLUENCE

You are not your thoughts and emotions



The most decisive event in your life is when you discover you are not your thoughts or emotions. Instead, you can be present as the awareness behind the thoughts and emotions.

— *Eckhart Tolle* —

AZ QUOTES

"A sad soul can kill you quicker than a germ"


- John Steinbeck

Build in daily me-time



POSSIBLE SIDE EFFECTS OF EXERCISE AND ANTIDEPRESSANTS

| <u>Antidepressant Medication</u> | <u>Exercise</u> |
|----------------------------------|---------------------------|
| Nausea | Decreased depression |
| Insomnia | Decreased anxiety |
| Anxiety | Improved sleep |
| Restlessness | Increased energy |
| Decreased libido | Better mood |
| Dizziness | Increased libido |
| Weight Gain | Weight loss |
| Suicidal ideation | Improved locus of control |
| Decreased depression | Sore muscles/injury |

A person is seen from behind, hugging a large dog on a beach. The scene is set during sunset or sunrise, with a warm, golden glow in the sky and water. The person is wearing a plaid shirt and dark pants. The dog is a large breed, possibly a Golden Retriever, and is being held in a warm embrace. The background shows the ocean and some trees in the distance.

Did you know a
20 second hug
releases the bonding
hormone and
neurotransmitter
oxytocin, which is
nature's
antidepressant and
antianxiety hormone.

@mar_raft





