

NEIGHBOR



BFF



MOM



COLLEAGUE



YOUR BRAIN ON SOCIAL DISTANCING: LONLINESS AND ISOLATION DURING THE COVID-19 CORONAVIRUS

Let There Be Health
April 3, 2020
<https://www.closersocialdistancing.com/>

TALK IT OUT

Before watching the video at the link below, the host of the conversation should introduce the video topic as only one facet of the extremely complex COVID-19 pandemic and global response. Before asking the sample dialogue questions below, participants should review the **Group Norms for Dialogue** document at crossroads.ua.edu to make sure everyone has the same expectations for the conversation.

<https://www.youtube.com/watch?v=xAbQSqU3Ofg>

- What information in this video was surprising to you? What was not surprising?
- Who or what has shaped your perspective on our responsibility to neighbors?
OR Who or what has shaped your perspective on the importance of community?
- What are some ways that you have been able to maintain a sense of community while being socially distant from others?
- During the pandemic, how have you changed the way you show people that you care about them?
- What resources are you aware of on campus at UA that can help students deal with loneliness and maintain their mental health?
 - <https://counseling.sa.ua.edu/>
 - <https://bamacaes.sa.ua.edu/>