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

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://bamacares.sa.ua.edu/

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