

The Page and the Epistle

UNCATEGORIZED

OPINION: MAKING THE MOST OF BEING QUARANTINED

MAY 28, 2020 | PAIGE BOLLINGER | 15 COMMENTS

By. Joseph Mostwin '22

During this time of self-isolation and social distancing, millions of people must adapt to a new normal. This may mean wearing masks everywhere, staying six feet apart from other people at all times, and having to do school, work, and social life at home. While the lives of some people can easily adjust to being virtual, it can be difficult for others to recalibrate their daily schedules, and some might even be unable to adapt at all. In addition, as we all spend more and more days in our homes, the initial enjoyment of not having to get up to drive to school or work every morning starts to wear off, and things start to change.

Many people are concerned about the effects of long-term isolation, and how to deal with them. According to the American Psychological Association, there are many effects. For one, isolating for long periods of time can result in severe cases of loneliness (APA, Vol. 50, no. 5). Though this can be more common in older people who are living alone, loneliness can affect people of any age who don't live with others. Loneliness can lead to conditions such as depression, and in extreme cases, loneliness can have severe impacts on one's physical health and can lead to cardiac issues and high blood pressure. For instance, in 2016, epidemiologists at Newcastle University found that it could lead to an increased risk of up to 30% for a stroke or serious heart problems.

There are ways to avoid the negative impacts of isolation. The most common way to combat negative feelings brought on by isolation is to take part in activities that involve a group, but this is difficult to do in person at the current moment. While Zoom and other platforms provide some aspect of contact, they lack the feeling of legitimate connection that comes from speaking to somebody face to face. However, there are different methods that psychiatrists and other mental-health professionals use to help people who are lonely or suffering, such as focusing on removing and preventing negative thoughts. This style of treatment can be somewhat successful online, and is being provided currently.

Laughter is always a great medicine, which might sometimes feel impossible during quarantine, but many people are taking this opportunity to share happiness with others. This can mean either watching a special episode of your favorite TV show or just going outside for a walk. One can do something as crazy as building an obstacle course for squirrels in the back yard (video link below). In the end, quarantine can still be a time for connecting with others, and taking advantage of opportunities that might not have been possible before, so be creative and try to make the best out of the new normal.

Building the Perfect Squirrel Proof Bird Feeder, by Mark Rober

Backyard Squirrel Maze 1.0- Ninja Warrior Course



15 THOUGHTS ON “OPINION: MAKING THE MOST OF BEING QUARANTINED”



Howard Schindler

MAY 28, 2020 AT 8:26 PM

Nice job Joseph



Muhammad

MAY 21, 2022 AT 12:16 PM

Right on my man!



Vance

MAY 24, 2022 AT 9:05 AM

I didn't know that.

**Genia**

JUNE 1, 2022 AT 12:08 AM

obviously like your web-site but you have to take a look at the spelling on quite a few of your posts. A number of them are rife with spelling problems and I in finding it very troublesome to tell the truth nevertheless I'll definitely come again again.

**Arron**

JUNE 1, 2022 AT 8:45 PM

Hello, Neat post. There is an issue with your website in web explorer, would check this? IE nonetheless is the market leader and a large part of other people will miss your magnificent writing due to this problem.

**Beatriz**

JULY 1, 2022 AT 1:47 PM

Hey! I know this is kinda off topic nevertheless I'd figured I'd ask. Would you be interested in trading links or maybe guest writing a blog article or vice-versa?

My blog addresses a lot of the same topics as yours and I feel we could greatly benefit from each other.

If you might be interested feel free to send me an email.

I look forward to hearing from you! Great blog by the way!

**Christal**

JULY 1, 2022 AT 2:50 PM

Hello, i read your blog occasionally and i own a similar one and i was just curious if you get a lot of spam remarks? If so how do you reduce it, any plugin or anything you can recommend? I get so much lately it's driving me crazy so any help is very much appreciated.

**Shirley**

JULY 1, 2022 AT 2:53 PM

Good site you have got here.. It's difficult to find high quality writing like yours these days. I really appreciate people like you! Take care!!

**Joann**

JULY 1, 2022 AT 2:58 PM

A fascinating discussion is definitely worth comment.

I believe that you need to write more on this issue, it might not be a taboo subject but usually folks don't discuss such subjects. To the next! Cheers!!

**Dianna**

JULY 1, 2022 AT 4:14 PM

Howdy, There's no doubt that your web site may be having browser compatibility problems. When I take a look at your website in Safari, it looks fine however, if opening in IE, it's got some overlapping issues. I simply wanted to provide you with a quick heads up! Apart from that, excellent website!

**Olen**

JULY 1, 2022 AT 4:25 PM

I am really inspired along with your writing abilities as smartly as with the structure to your blog. Is this a paid subject matter or did you customize it your self? Anyway stay up the nice high quality writing, it's rare to look a great weblog like this one nowadays..

**Stacey**

JULY 1, 2022 AT 5:19 PM

Wow, that's what I was exploring for, what a information! present here at this weblog, thanks admin of this website.

**Brooks**

JULY 1, 2022 AT 5:20 PM

Thanks a lot for sharing this with all of us you actually understand what you are talking about! Bookmarked. Please also seek advice from my site =).

We can have a link change agreement between us



Esperanza

JULY 1, 2022 AT 6:34 PM

Hey! Someone in my Facebook group shared this site with us so I came to check it out. I'm definitely enjoying the information. I'm book-marking and will be tweeting this to my followers! Outstanding blog and excellent design and style.



Stephanie

JULY 1, 2022 AT 6:41 PM

Can you tell us more about this? I'd want to find out some additional information.