



How To Combat the Stress, Weight Gain, Boredom, Anxiety, and Even Depression Arising From

SOCIAL ISOLATION

Social Isolation

Face it, the COVID-19 pandemic has had an impact on everyone around the world beyond the actual sickness itself. Just consider that fact that entire countries have been on lockdown and there are still recommendations for social distancing, quarantines, and self-isolation for many different situations. One area of concern for anyone is the affects that social isolation could lead to.

Basically, social isolation can be defined as a lack of social interactions and connections which can obviously during mandated stay at home orders like in a pandemic. Humans are social by nature, so being

separated from friends and peers for extended periods of time can have very negative consequences. Since this is the case, the old adage, "prevention is better than cure" should be our approach by way of prevention in order to avoid a more difficult fix.

First you should know that the AARP Foundation and United Health Foundation have conducted a survey related the COVID-19 pandemic with adults 18 and older and reports show it has created a loneliness and social isolation epidemic. The numbers may increase when enforced isolations continue which can cause increases in other mental health, social, and physiological problems as well.

Results from the survey portray stunning impacts on adults. Of the 2,010 participants, 50% felt a lack of motivation, 41% felt more anxious, 37% were depressed, and 36% felt sadder than usual. Feeling isolated doesn't just affect mental health, it has an impact on physical health and may result in heart disease, high blood pressure, and sleep disorders. Again, prevention now is better than trying to find a cure later.



Adults Experience

During the pandemic more than 7 out of 10 adults said it made it more difficult for them to connect with friends, extended families, and community networks. In those moments of social isolation while you were being cooped up home, what did you notice? In fact, many adults across the country experienced a lot of the same issues in themselves when asked how the social isolation impacted them.

- Boredom
- Irritability
- Fatigue
- Restlessness
- Impatience
- Frustration
- Weight Gain
- Anxiety
- Loneliness
- Demotivation
- Hopelessness
- Sleepiness
- Sadness
- Stress
- Sedentary
- Depression





The Answer is Martial Arts!

First, our Martial Arts classes practice **high level safety measure according to CDC recommendations**, so we practice **social distancing, wear masks, do plenty of hand sanitizing, and more**. When participating in our Martial Arts classes all the bases in combating social isolation are covered. Going to class gets you safely out of the home, provides training goals, gives you the benefits of exercise, puts you in the company of others, and brings a smile to your face with plenty of laughter. More specifically Martial Arts is holistic in its impact, so you will strengthen your body, mind, and spirit to arm yourself with everything you need to fight off the dreadful effects of social isolation.

Take Action

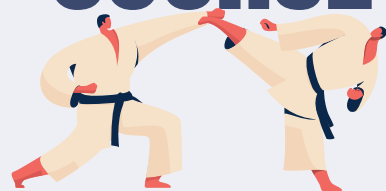
So what can you do? It should be very obvious, that you need to **GET OUT** from behind the four walls of the house. You also need to be in more **SOCIAL SETTINGS** with friends and peers doing activities that are fun and productive, but of course, **while following safe social distancing practices and wearing masks**. These simple changes will boost cognitive functions, improve bad moods, alleviate stress, bring feelings of well-being, and provide some much needed exercise. Connecting with others who are in a similar situation will help you feel that you're not alone and can spur creativity in overcoming negativity.

As an important note, research has shown that people who exercise regularly are less prone to anxiety than people who don't exercise. This is because physical activity lowers your body's stress hormones, such as cortisol. At the same time, exercise causes your brain to release endorphins, neurochemicals to boost your mood and overall feeling of well-being. In addition, physical exercise leads to good fitness, weight loss, and muscle tone.



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