

**A Positive Approach as a Prevention Way  
of the Negative Self-Isolation Consequences**

Currently, many people are self-isolated and are struggling with the changes that are taking place in their lives. The possible consequences of a long stay in self-isolation: stress, exacerbation of psychosomatic diseases, depression, increased anxiety, panic, low mood, obesity are discussed in numerous publications.

In our opinion, the using of the positive approach ideas is one of ways to prevent the negative consequences of self-isolation.

Positive (from Latin positum) means "actual", "real", and "available". The creator of positive psychotherapy N. Pezeshkian argued: "The real ones are not only diseases and disorders, not only failed attempts to solve problems, but also abilities and opportunities inherent in each person, who can help him to find new, different, maybe better solutions. Therefore, we do not try to cling to habitual, template assessments of conflicts, diseases and symptoms, but try to rethink them positively, to see them in a different light" [1].

As an epigraph to this article we can use the words from the famous Eastern parable: "Everything is in your hands! [2]. Each person is unique and has a great potential, the ability for continuous self-development and self-improvement, but does not always use its resources and realize its possibilities. He or she sees in what is happening to him or her and around the negative, without noticing positive moments, acts in a pattern, avoids taking responsibility for what is happening in his or her life, using psychological protection, referring to the existing circumstances, etc.

Let's try to designate positive moments of self-isolation. Flexible work schedule creates an opportunity for more effective planning and structuring of his activities. As a result, there is a lot of free time, which can be productively used for:

***1. Self-examination and self-reflection.***

It is time to stop and think. Who am I? What qualities do I possess? Which of them do I like and why? What qualities would I like to get rid of? What can be done for that? What do I know how to do well? What do those around me value me for? What am I being criticized for? Are there recurring failure situations? What do these situations have in common? What could be the reason

for their occurrence? What do I want from life? What kind of my goals and plans, even the most adventurous and courageous do I have? What do I dream about? How can this be achieved?

This kind of work will allow you to better understand yourself, structure your life and purposefully achieve your goals, be successful.

If necessary, you can contact a specialist, psychologist and consultant, including online.

## ***2. Self-education and self-improvement.***

Read professional and fiction literature, study remotely, attend webinars. Everything that you didn't because you hadn't enough time can be implemented. Any information is available on the Internet, from online tests to full training and higher education. A variety of audio and video materials, training seminars, lectures, courses (paid and free of charge) provide endless opportunities for self-development and self-improvement.

## ***3. Establishing deeper and warmer relationships with children and their loved ones.***

Pre-schoolers, younger schoolchildren and younger teenagers find it difficult to adapt to conditions of self-isolation due to their age characteristics. Lack of impressions, physical activity, communication with peers, monotony can lead to sleep disturbance, irritability or, conversely, lethargy, passivity. Excessive fixation of adults on the issues of health care, safety measures, a large flow of information about events taking place in the world, diseases, deaths, etc., fear for the life and health of parents and relatives provokes the development of anxiety, fear. In this regard, the main task of parents is to explain to the child the rules of behavior in the current situation calmly and clearly, to follow them without panicking and maintaining composure. Only a calm and self-confident parent can provide support and encouragement to the child.

Try to reduce the flow of negative information coming from the media, communicate more with the child, and participate in any form of joint activities. Plan every day, discuss with the family council what you will be doing together and take time to work and relax.

It is useful to do sports or domestic work together. This helps to bring the family together, gives the opportunity to spill negative energy, get a boost of energy. It is possible, for example, to involve the child in cleaning the house, teach cooking, sewing, washing, etc. As a result, the child will not only be physically active, but will also acquire useful knowledge, skills and abilities.

It is also appropriate to involve the child in various intellectual and creative activities. For example, to offer interesting, non-standard tasks in different school subjects invent quests, play board games for whole family, organize tournaments. You can attract friends and relatives, using one of the special Internet programs.

Practice reading and discussing what you have read together. Be interested in what your child is reading, recommend your books to them, read their favorite works, listen to music together, watch movies, share experiences and get to know each other. Tell him what you were fond of at his age, what you loved, what you read about, what music you listened to, and watch movies together, sing karaoke. For example, discover the classics of Soviet children's cinema for your child: "Electronic's Adventures", "Guest from the Future" and others. Remember your childhood, compare experiences.

In our opinion, a good preventative measure is zootherapy. Get a pet. Taking care of a little friend, watching his growth, the changes that occur with him, playing together will not only diversify the leisure time, but also improve your mood, bring joy, to the house, will stimulate the development of such positive qualities in the child, such as responsibility, empathy, sociability, etc.

#### ***4. Communication with friends, colleagues, people with similar interests, a hobby via the Internet.***

Self-isolation is not an obstacle to communication. Now almost everyone has access to the Internet. Choose a convenient program and use it to communicate with colleagues, friends and acquaintances. You can create interest groups, look for new friends, people with the same hobbies through the Internet, and share useful information.

#### ***5. Physical development and taking care of your health.***

There is now a lot of mention in the media that self-isolation leads to obesity. People do not move much, sit by the TV or computer and eat. As a result, they are quickly gaining weight. Of course you can refer to self-isolation, but there is a choice. Nobody is forcing them to do this.

Being at home allows you to observe the daily routine, to exercise, to eat balanced and on time. Start your day with exercise, a shower, a light breakfast and a day of energy. Change activities, alternate intellectual and physical activities, following intervals. Move more, practice again before lunch and dinner. Choose the optimal load and activity for yourself. For example, a treadmill or other exercise equipment depending on your individual preferences, fitness dancing (Zumba fitness, Latina, Body Plastic, club sensation aerobics, etc.), stretching, yoga, strength training (Super Sculpt,

Power Ball, Pump Power, etc.). If you haven't been practicing for a long time, start by walking, gradually increasing the distance. Everyone can afford to do sports at home. It does not necessarily require financial costs. There are many free lessons on the Internet of varying difficulty and duration.

Don't wear yourself out with training, wanting a quick effect. Stable results take time. You have it, go to the goal gradually. The movement should bring joy, not take away the last forces. In addition, a properly chosen load will save you the desire to immediately empty the fridge.

Do not change your diet abruptly, as it is stress for the body. Switch to a reasonable regime of day and meal gradually. You will get used to eating at a certain time, the body will regroup. Stability will eventually lead to a situation where you stop eating much. A positive attitude in yourself and life will allow you to overcome the desire to "eat" trouble, fear, etc.

Eat in a balanced way. Eat different, necessarily fresh fruits and vegetables. Save your nutrition with variety. Cook interesting dishes, try other ways of cooking (for example, steaming), experience new taste sensations. Pay attention to the calorific value of the combination of dishes. If you want to keep yourself in shape, you should burn extra calories. It's a common mistake for people who start to lose weight: "I've worked out, I'm tired, I've tried, so now I can eat properly." He over-eats as a result. To use another principle: "I ate too much, so I'll do sport exercises a little more today."

If you like it, go hiking and cycling in the forest, breathe fresh air, watching birds, plants, etc. If not, make the most of your apartment. Ventilate the room as often as possible, do wet cleaning, sunbathing on the balcony or by the open window. If you do not leave the house at all, the connection with nature and relaxation is also real. For example, you can observe the sky, clouds, plants under a window, feed birds, etc. Notice the tiniest shades, new colors, to rediscover the world. You can make drawing sketches, take pictures, play with the child, guessing what the cloud looks like, etc.

You can do it as a family. This serves as an additional incentive to continue working on themselves, creates a competitive motive, gives the opportunity to set an example for children, ensure their activity, promotes common goals and cohesion.

#### ***6. Cultural enrichment, aesthetic development.***

Today, many museums around the world have provided a unique opportunity for people to get in touch with art without leaving their homes. Free online broadcasts of concerts and performances have also become a reality. The Internet allows you to view every piece of art in the smallest detail,

enjoy what you see and hear. It is especially valuable that you can do it as a family, discuss with children, and share your impressions.

### **7. *Taking care of your home.***

Arrange general cleaning, pick up old and unnecessary things, clothes, paper, get rid of accumulated sludge, make cosmetic repairs, move furniture, change the decor, etc. This will help make your home more comfortable, update the experience, and will give the opportunity to spend time with benefit, get the necessary physical activity and clean air, and diversify the leisure. It is better that all members of the family take part, because joint activities promote cohesion, and discussion of options for future changes in space and decor teaches to conduct a dialogue, take into account the interests and opinions of others, share responsibility for decisions taken together, serves as an incentive to creativity. In addition, old things have their own history, which is useful for children to know as it is part of family history.

In conclusion, I would like to return to the statement that everything is in our hands. Man is mortal; the element of chance always exists. Precautions are necessary, but no one will give a hundred percent guarantee. One can panic, be afraid, dwell on the negative, or one can gather, mobilize, learn to think positively and live enjoying every moment. It is your choice.

## **REFERENCES**

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2. The Proverb of the Butterfly. – Access mode: [https://pritchi.ru/id\\_254](https://pritchi.ru/id_254). – Access date: 02.06.2020.