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During this time of heightened COVID-19 concern, most of us are living in isolation. Research has consistently proven that isolation can create depression and anxiety. As well, it can worsen the symptoms of cognitive decline. A recent study also suggests that loneliness, isolation and living alone can also have a profound effect on our overall health and survival.

For those living in facilities, they may be removed from their communities due to requested or voluntary quarantine.

For those living at home, they may not be receiving the services that were being provided by a day program, companion or home health aide.

No matter where you live, adults are experiencing unprecedented l

oneliness, isolation, lack of stimulation and meaningful activity and boredom.

In an effort to combat both the short and long term implications of isolation, Clear Guidance is now offering Virtual Expressive Therapy. Our clients work together with our Expressive Therapist to design a customized program with the modalities that appeal to the individual person.

Services include:

- Coordination with facility staff and/or caregiver
- Ordering, implementation and training on video conferencing
- Modalities include art, music, dance/movement, biblio(writing/poetry/journaling) therapies
- Guided zoom experiences such as museum tours, concerts, travel experiences

“Just like hunger signals us to eat, and thirst signals us to drink water, loneliness is thought to be a biological drive that motivates us to reconnect. Throughout human history, we have relied on others for survival, and proximity to others, particularly trusted others, signals safety. So when we lack proximity to trusted others, our brain and body may respond with a state of heightened alert. This can result in increased blood pressure, stress hormones, and inflammatory responses, which if experienced on a chronic basis, can put us at increased risk for a variety of chronic illnesses.

– Julianne Holt-Lunstad, Ph.D., Professor of Psychology at Brigham Young University