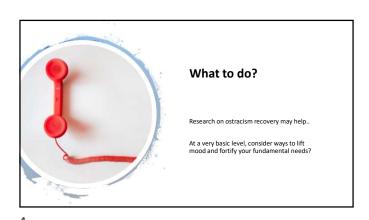
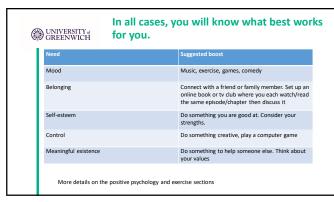


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Potential overlap with ostracism effects Being left out negatively effects our mood because our 'fundamental needs' are threatened; our need to belong, our need for self esteem, a sense of control and that we have a meaningful existence. There is lots of research to support this (Williams 2007). Research shows that even when participants knew they were being left out of a game by a computer, (rather than by a real person), they still felt threatened needs (Zadro, Williams and Richardson, 2004). This suggests that the reaction is automatic. Applying this to the lockdown; even though we know that social distancing and social isolation measures are very important and in no way a personal attack on us, we may still feel low mood, and low sense of belonging, self-esteem, control and meaningful existence. Beware: Ostracism can lead to increased aggression (Twenge et al, 2001) Longer term effects; depression, isolation and helplessness. Pancani et al (work in progress)- has applied this framework to lockdown in Italy.



3



UNIVERSITY Children and Adolescents Abrams et al 2010 have shown ostracism effects children too, for younger children (8-9) this impacts their self-esteem the most, for teenagers (13-14) it most strongly impacted the sense of belonging. During adolescents, more time is spent with peers and friendships grow more intimate. Consider how we can maintain this safely during lockdown? Maunder & Monks (2018) have shown how important friendship is for wellbeing in children aged between 7-11. Friendship reciprocity was an important factor. Again, consider how we can safely enable children to maintain their friendships?

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Connecting with

Twenge et al (2007)- social connection following can reduce aggression. A friendly experimenter, or focusing on ones friends, family or favourite celeb all reduced aggression.

Aydin, Krueger, Fischer, Hahn, Kastenmüller, Fischer and Frey (2012) found that following exclusion participants expressed higher self-esteem, life satisfaction, meaning and general feelings of social acceptance when in the presence of a dog.

Interact with your pets or perhaps look at YouTube clips



Spirituality

Aydin, Fischer and Frey (2010) ostracism can lead to an increase in religiosity, this may be a coping strategy.

Hales, Wesselmann and Williams (2016) found that prayer, self-affirmations and distraction all helped needs to recover after ostracism.

Why? Stops us ruminating. Wesselmann, Donging, Swim and Williams (2013) showed ruminating about ostracism increases distress.

How does this apply to the lock down? Thinking obsessively about it? Checking media continuously?



Computer games

Lots of people enjoy computer games and they have been shown to help us recover from ostracism (Tamplin-Wilson, Smith, Morgan & Maras, 2019)

They can potentially give us a sense of belonging if we play with others, we can win, which boosts our self-esteem and control. Some games have even been designed to be meaningful.

https://freerice.com/categories/english-vocabulary

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Computer games

Self-esteem boosting games

Grow your own chi

https://selfesteemgames.mcgill.ca/games/chigame.htm

But commercial games also good

What to pick? Think mood and distraction, what will be fun?

Research on *flow* suggests games that balance the level of challenge with the skill of the player will be best at lifting mood, (Lazaros, Emili, & Xun, 2018) You are in control

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Other games and activities?

Underlying principles ; aim to lift mood, sense of belonging, self-esteem, control and meaning, and even distraction.

Boardgames or cards with family and housemates Online game apps

They could be educational

Enjoy a maths puzzle? https://www.think-maths.co.uk/maths-puzzles

Reading? Comedy? Theatre?



Social Media

Social media can foster resilience in people during disasters, as it allows us to share and gather information, solve problems collectively and share coping strategies. (Jurgens & Helsloot 2018)

Pancani et al (in progress) online social contact can reduce impact of social restriction on depression

But consider how you use social media- it can also be detrimental

Ostracism on social media also hurts (Covert and Stephanone, 2018)

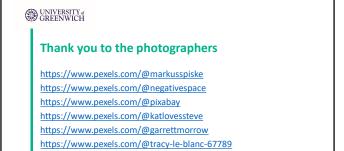
And perhaps more when you are relying on it (Smith, Morgan and Monks 2016)

People's expectations differ, regarding how immediate their replies should be (Mai, Freudenthaler, Vorder & Schneider, 2015). Consider how this may increase stress?

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