

Overcoming Isolation During the Holiday Season – soundbite transcripts

SOT

Linda Craft, OSF HealthCare Behavioral Therapist

Linda Craft on 2020 challenges (:22)

“I think it going to present more challenges than normal. I don’t think it needs to though. I believe that isolation is important right now to keep ourselves safe, but we don’t have to totally isolate. I think there are many, many ways we can isolate safely,” urged Craft.

SOT

Linda Craft, OSF HealthCare Behavioral Therapist

Linda Craft on technology (:28)

“Don’t be afraid of technology. Many people have gotten very savvy with using their phone, using a computer. But if you’re not one of those people, be one of those people,” Craft says. “We live in a world now where technology can keep us connected to others. Learn how to FaceTime. Learn how to make videos on your phone so that you can send them to your friends and family and keep connected. That’s a gift that we’ve been given to get through this time that we’re in.”

SOT

Linda Craft, OSF HealthCare Behavioral Therapist

Linda Craft on holiday spirit (:07)

“There are many things to do while we are isolated that don’t make us feel as isolated and can keep us in the holiday spirit.”

SOT

Linda Craft, OSF HealthCare Behavioral Therapist

Linda Craft on finding joy (:18)

“It’s really important to remember that the holidays are a joyful time. We might have to change the messages in our head that say, ‘oh – this is going to be horrible.’ Find joy, because that’s what the holiday season represents.”

SOT

Linda Craft, OSF HealthCare Behavioral Therapist

Linda Craft on asking for help (:20)

“It’s a sign of strength to reach out for help and to say that this is a stumbling block that I’ve run across and I just need that little extra push to get through it. So don’t be afraid to ask for help. Don’t be afraid to say, ‘Okay. Just for this time, let me go seek some professional help.’”

SOT

Linda Craft, OSF HealthCare Behavioral Therapist

Linda Craft on looking ahead (:24)

“Be okay with that things are going to be different, but know there is a period at the end of that sentence. It’s going to be different for this year, period. Next year we have great hopes that it will be

better. It will be more tolerable. It will be more joyful. This isn't going to be the way that it's always going to be."