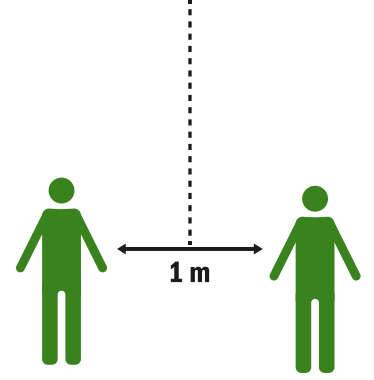


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## For Better Health Series (9)

# Social Distancing but Not Psychological and Spiritual Distancing

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Hard situations such as the COVID-19 epidemic crisis and others, may create numerous psychological and social crises. There is a lot of change in the routine of life and there are many questions about the financial future of many people and businesses, as well as what this epidemic creates for many patients about how to follow up their health conditions in these circumstances and even about the possibility of their exposure and their ability to resist!

These conditions create an environment suitable to anxiety, a feeling of depression, a feeling of inability to face reality and the future, and perhaps a state of neglect and abandonment of daily tasks and duties related to oneself or others. Also, this environment is conducive for addiction to smoking and others and the difficulty of resisting and getting rid of it. In particular, those suffering from chronic diseases, mental disorders or previous addiction will need greater medical, psychological and social support during these special circumstances.

### The Importance of Medical, Social and Psychological Support

Despite the required social distancing from the physical distance point, the social and psychological support network remotely should be more seriously effective in this period.

#### Medical Support

It is necessary to activate innovative methods of medical support, such as the use of telephone and internet calls to achieve the medical support. Medical platforms like this platform may play a role in filling some of the gaps and encourage patients to ask their questions and inquiries in general or in particular, and many medical associations have issued awareness leaflets to provide a lot of useful information to the patients.

#### Social, Psychological and Spiritual Support

It is important to activate the supportive social media network like family and friends, and in the context of some chronic and psychological diseases and addictions the supportive groups of patients and friends of patient networks have proven their usefulness and effectiveness.

#### Being Alone Does Not Mean You Are Alone

This period of social isolation may give the opportunity to unleash many beneficial feelings inherent, which may include friends, old friends, family, important life memories and to communicate with whom could be a social, psychological and spiritual supporter?

And last but not least, these are times to show our affection, goodness and love to help those around us to whom we know or do not know, will we succeed in this hard situation!