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STEAM 2022 | Exploring the Intersections of Global Humanities and STEM through **Wellbeing for All**

Global Humanities Institute
MONTGOMERY COLLEGE

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2022 Wellbeing for All
The Role of Social Isolation on Wellbeing

What is social Isolation?

1. A lack of interaction and ongoing learning from others
2. **Interpersonal isolation** is the disconnect with others that most often leads to loneliness
3. The opposite of isolation is **interaction, connection** and **community**

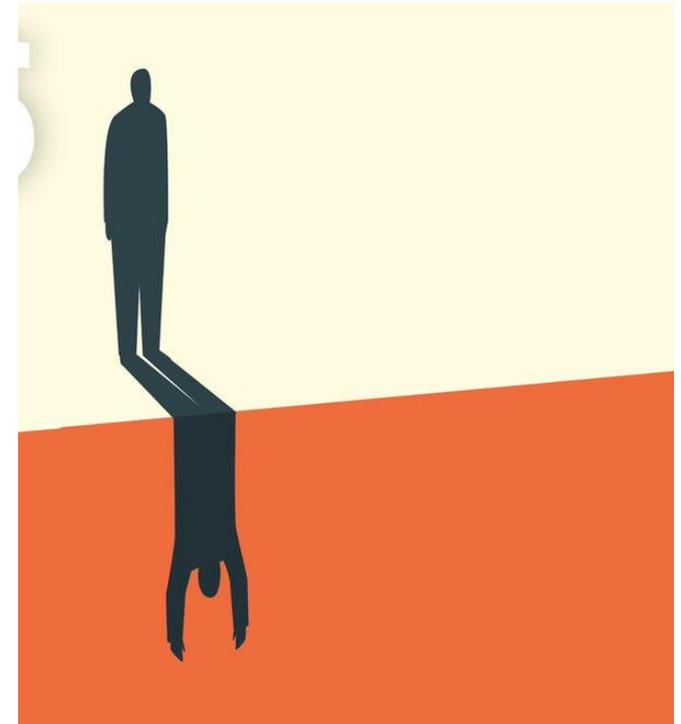| INVOLUNTARY	VOLUNTARY
State mandate	Self-blame, self-devaluation
Pandemic	Wounds (psychological, emotional)
Anomie (normlessness) Natural disasters, Wars, Revolution, Political Instability	Individualistic cultural values – weak social networks
Genetic predisposition towards loneliness are stronger	poor quality of relationships – not fulfilling
Chronic pain and health related conditions	Parent/child/sibling conflict
Involuntary commitment; incarceration	Lack of face-to-face communication

Conditions under which social isolation can occur

These factors increase possibility of loneliness

Erik Ericson – Psychosocial development – Stage 6 (intimacy vs Isolation)

- Childhood experiences including neglect or abuse
- Divorce or death of a partner
- Fear of commitment
- Fear of intimacy
- Inability to open up
- Past relationships
- Troubles with self-disclosure

How do we build connection and community to avoid social isolation?

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Presentations and Recordings

Table #1: Finding Order in a Chaotic World
Steve Wheatley (Mathematics) and David Carter (Art)

Table #2: Our Wicked Ways: When Looking Out for Ourselves is Bad for Everybody Including Ourselves
Diane McDaniel (Geology and Physical Sciences) and Arthur Grinath (Economics)

Table #3: Mindfulness and the Brain
Stephanie Will (Student Health and Wellness [SHaW] Center), Richard Cerkovnik, (Interdisciplinary Science, Technology, Engineering and Math [iSTEM] Network), and Sharon Kauffman (iSTEM Network)

Table #4: Inequities in Global Vaccine Distribution
Dan Jenkins (Philosophy) and Meg Birney (Biology)

Table #5: The Role of Social Isolation on Wellbeing
Rachel Sullivan (Sociology) and Anestine Theophile-LaFond (Communications)

Table #6: Representations of Health and Illness in Media, Literature, and Art
Rita Kranidis (English), Craig Benson (Chemistry), and Robin Meyer (Art)

In choosing your breakout session, keep in mind that all the presentations and recordings will be available following the event on this website:

An email will be sent to all participants when the materials are uploaded to that site.

Evaluation Form

https://forms.office.com/r/1qrwpA5FFX

Thank you!

- To our excellent table leaders
- To our ever-supportive administrators
- To our amazing STEAM Planning Team
- To each of you for your engagement and participation
- See you next year for STEAM 2023!

Please complete the evaluation form in the chat.