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Development of subjectness during the quarantine: the experience of psychological help

Under the conditions of quarantine, introduced worldwide to prevent the spread of coronavirus infection SARS-CoV-2, the issues of overcoming or reducing its major stressors come to the fore, namely:

1. Duration of quarantine: studies show that a long duration of quarantine is associated with mental health deteriorating.
2. Fear of infection: feelings were exacerbated if they experienced any physical symptoms potentially related to the infection.
3. Frustration and boredom: intensifies when it is impossible to participate in normal daily activities.
4. Inadequacy (lack) of basic stocks, also inability to receive regular medical care.
5. Inadequate information: poor organization of informing about actions taken and confusion about the quarantine purpose. The result, in particular, is the spreading of fakes, conspiracy theories and mistrust.
6. Stigmatization of infected (or potentially infected): the result is avoiding, stopping of contacts, treating them with fear and suspicion, and making critical comments, violence. This also applies to certain professions that are at risk: physicians etc.
7. Financial losses: interruption of professional activities without prior planning.

It is important to note that altruism is better than coercion: voluntary quarantine is less stressful.

Aware of the main factors of stress during quarantine and our own ability to provide psychological help and support to the population, we have organized several projects, in addition to existing distance learning courses (moodle.newlearning.org.ua). Among them, volunteer projects: the organization of a

telephone hotline for psychological support to society (together with the NGO "Nebokray") and the creation of a "Group of psychological support during the coronavirus on the social network Facebook" (<https://www.facebook.com/groups/psy.help.support>). This group was established to provide guidance and reliable information on SARS-CoV-2, mutual assistance, psychological support and coordination. Among the following volunteer projects: organizing of psychological telephone hotline (with NGO "Nebokray") and the creation of a "Group of psychological support during coronavirus in the social network Facebook" (<https://www.facebook.com/groups/psy.help.support>). This group was established to provide guidance and reliable information on SARS-CoV-2, mutual assistance, psychological support and coordination.

The main efforts of the organizers and members of the group are aimed at overcoming or reducing the stress of quarantine by: providing reliable information about coronavirus infection and the situation around it, providing up-to-date recommendations for specialists during quarantine and practical advices for the general public, explanation of communication peculiarities, overcoming and prevention of conflict situations, etc.

A large number of posts are devoted to resources for self-development and self-education. However, a significant amount of information is presented for entertainment to provide an alternative to the social networks usual content, thereby reducing stress and redirecting of the attention focus on more useful in terms of mental and psychological health activities.

The development of subjectness within this form of psychological help happens thanks to the self-development of participants, their skills of self-development, responsibility for their own lives, critical thinking, predicting of consequences, goal setting, designing of activities and creating conditions for the subjectness activity.

A responsible, subject approach to yourself and to the people around reduces the stress of quarantine, because voluntary, conscious quarantine is less stressful. In addition, as practice shows, accurate prediction of the situation, assessment of their own strengths, the availability of an action plan for some time also significantly reduces stress levels and helps attract the necessary resources in advance, or to have

an idea where they can be taken if necessary.

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