

WFWP Italy's Peace Meetings: Anxieties in the Family during Social Distancing

Elisabetta Nistri
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The second webinar of the "PEACE MEETINGS" series organized by UPF Italy and WFWP Italy had around 100 participants. The main theme of the meeting was "Anxieties and Stress in the Family at the Time of Social Distancing."

Dr. Massimo Agnoletti, PhD Psychologist and Researcher, expert in stress, positive psychology and epigenetic psychology, participated as a speaker. The modality of a single relationship was chosen in order to be able to carry out a more in-depth and articulated treatment on a subject of particular sensitivity.

The meeting was presented by Gabriella Mieli with a greeting to the participants from Elisabetta Nistri, President of WFWP Italy as the co-sponsor; Carlo Zonato, President of UPF Italy introduced and moderated the meeting, and Franco Ravaglioli General Secretary UPF Italy introduced the questions to the speakers while the technical and direction aspect was led by Giorgio Gasperoni, Director of Voices of Peace.



Here are some significant passages by Dr. Massimo Agnoletti:

"Considering the current scenario, COVID-19 has determined a before and an after in our lives. The current pandemic is unpublished for three fundamental factors that have both biological and psychological as well as social and economic consequences.

The first factor is that COVID-19 is an invisible biological agent from the very fast spread determined by the strong interconnection of modern sociality. The second factor is that we are now all aware that the behavior of others can determine our health, also in terms of survival, and therefore also our quality of life perceived as more fragile and vulnerable. The third factor is that unlike all other emergencies (earthquakes, floods, fires etc.) it requires social distancing which represents a challenge to our need for sociality. These factors produce stress to adapt to the new psychosocial scenario imposed both in terms of perceived Present and uncertain Future, also from an economic point of view. This negative stress is characterized by the low control capacity that we perceive in the present or when we are unable to predict the outcome of future events.



"TEMPORAL ORIENTATION is a branch of psychology developed in the last thirty years according to which the approach we have towards time shapes our lives; the sooner we are aware of it, the sooner we will be able to modify some aspects of our temporal approach to live more satisfying, more socially positive and less stressed lives in the negative sense. TEMPORAL ORIENTATION sheds light on the style and psychological modality, in a cognitive, emotional and motivational sense, which characterizes each of us, predicting the typology of choices and decisions we make in everyday life. In this sense, each of us has its own peculiar configuration linked to the 'HOW MUCH' and 'HOW' it invests psychological resources with respect to its past, present and future experiences. This determines a certain 'STYLE' that each of us has, also called 'TEMPORAL PROFILE' which can change over time based on the quality and quantity of experiences we have and which shape the experiential and psychological quality.

"Based on the particular configuration of our Time Profile, we can understand the behaviors to adopt to improve our mental and physical well-being and communicate more effectively with others, starting right from the family. The three main Time Profiles are summarized and depicted in: CYCLE, ANTS and TURTLES.

"Each Time Profile has implications in individual stress management and social relationships as well as in our communication. The first step is therefore to be aware of your Time Profile in order to then improve it through specific behaviors and experiences to achieve our Optimal Profile."

In answer to questions from the webinar participants, Dr. Agnoletti developed examples and practical methods, referring to different examples in his clinical practice, on how to identify his own Time Profile and how he can then gradually model and improve it towards an optimal Time Profile.

You can view the meeting recording here:

www.wfwp.it/2020/06/04/ansie-e-stress-in-famiglia-e-non-ai-tempi-del-distanziamento-sociale-2/?fbclid=IwAR2AYXWXVlwm3Y1VNWspUItnoCttWmGR4iPSmynkq35yWs1aiyrXq8a64gc