

Loneliness and isolation

HUMANS ARE SOCIAL CREATURES AND NEED CONNECTION WITH OTHERS TO THRIVE, WHICH CAN MAKE ISOLATION CHALLENGING



COPING

- Keep busy-create a schedule
- Do things that you normally enjoy
- Revisit old photos and memories
- Remember this is all temporary and it shall pass

SOCIAL INTERACTION

- stay connected with others through texts, email, and videoconferencing
- Join online clubs and forums
- netflix parties



SELF-CARE

- Eat healthy and drink water
- Stay physically active -short walks around the house and outside
- practice relaxation and meditation
- good sleep hygiene
- stay informed but limit the amount of the news as too much can be stressful

PLAN FOR THE FUTURE

- Make future list of all the things you want to do
- Make a goal list for some area of your life



PRACTICE SELF-COMPASSION

<https://self-compassion.org/>