

COVID & CONNECTION

[How to combat feelings of isolation if you are required to quarantine]

Connect With Yourself!

- Watch your favorite funny movie or show. Laughing helps us to feel better.
- Smell things you like to smell.
- Sing out loud. No matter if you like your voice or not, singing out loud can help lighten your mood.
- Get good sleep
- Accomplish a few small tasks (setting goals, even if small goals and feel good that you got it accomplished)
- Draw something nice for yourself.
- Establish a new quarantine routine. Tell yourself, "this isn't forever". Decide when you will clean or do things around the house. Even though you can't leave your house, get dressed. It can make you feel better to change your clothes and put something nice, but comfortable on.
- Take a shower or bath
- Exercise. Even though you need to stay away from others, you can be active in your home by walking more, go up and down stairs if they are available or if there is an open green space, you can go for a walk outside away from others.

Connect With Others!

- Socialize as much as possible with friends and family using the telephone to talk or text with others or send emails to keep in touch.
- Talk "face to face" with others using Skype or FaceTime.
- Play with your pets. They will love your attention!
- Play a game on-line.

Connect With Your Doctor or Therapist!

- You can call your doctor or other health care provider and ask to schedule a "telemedicine" appointment.
- This means you can meet using FaceTime or through a "Zoom" meeting.

Connect By Helping Others!

- Making masks at home for others
- Draw something nice you can give someone else.