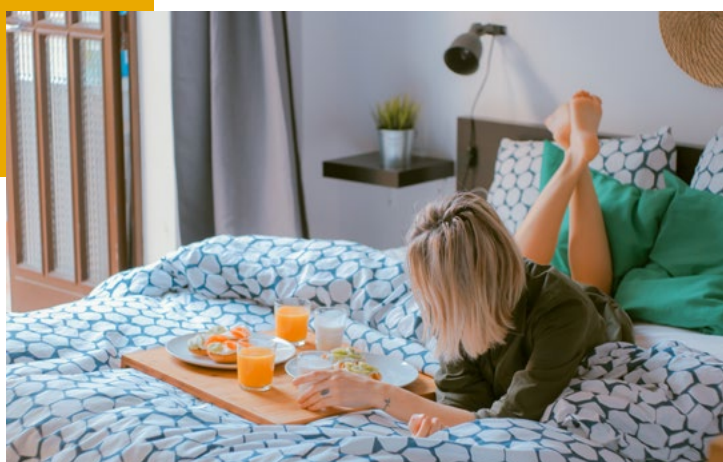


Ways to cope if you are in isolation due to COVID-19

Having to self-isolate can feel lonely and challenge our mental health. Here are some steps you can take to help you cope during a period of isolation:



- Find alternate ways to connect with friends and loved ones: phone, text, FaceTime, emails can allow you to stay in touch and receive support. Staying connected is important for managing stress and staying well!
- Let others know you want to stay connected: inform friends and loved ones that keeping in touch in other ways is important to you. Ask them if they can also reach out to you during this period.
- Limit your contact with media coverage of the coronavirus news: regularly reading news coverage of the virus keeps our worries at the forefront of our mind. Take a break from the news—set boundaries about how often and for how long you check the news (try once a day or 30 minutes a day).



- Connect with your interests: balance your time to include academics, leisure activities, and virtual contact with others. In addition to continuing with school work, brainstorm how to do your hobbies at home— indoor gardening, draw and craft, read and write stories, watch comedy sketches.



- Practice wellness at home: stretch and move your body (try an online workout!), get proper nutrition, and ensure good rest.
- Remind yourself that isolation is time-limited: you won't be isolated forever. Remember that you will be able to get out and about and resume your normal activities again.



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