

Tips for Coping While Away from Your Support System

Social distancing may help us lessen the spread and impact of COVID-19, but it also may leave us feeling isolated and lonely. While some of us are receiving support in the company of family or other loved ones, some may now be missing their support systems, whether that be friend groups, clubs, or other communities that are now not available in-person.

Your Inner Support System

When spending time alone, you might experiment with ways of relaxing your body and developing your own inner support system.

Doing things like:

- Deep breathing
- Stretching
- Creating your own exercise routine or following guided exercises online
- Meditating- try using one of the popular free apps online.
- Picking up an old hobby that you used to enjoy but haven't found time for in a while
- Try developing a new hobby/skill such as journaling, cooking, or some form art

You may want to **pace** yourself between activities that you find difficult and those that are a bit easier. You could share about these individual activities with others in your life, both providing inspiration to others and receiving feedback, motivation, and new ideas from them.

We can use this challenging time in a healthy way by re-centering ourselves with what we find important in life and sharing that honestly with those we care about.

Connecting with Others

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation.

Reaching out could consist of :

- Telephone (including video calling)
 - Schedule times for calls with individuals or with groups (this can be done via apps like FaceTime, Zoom, HouseParty, etc.). While this may seem initially awkward in terms of "scheduling a meeting," it can set the stage for something more than just passing conversation, for a time to really meet with each other.
- Email
- Texting
- Social media
 - This may be a time to utilize social media for sharing of your own vulnerability and expressing compassion and understanding for others. Social media can lead to a deeper sense of connection with your existing support system and may even expand it to reach others facing similar feelings of uncertainty.