

# LifeSolutions

## How to handle social isolation



**Home isolation is not easy for anyone. It can be especially difficult if you live alone and can't see friends or family. And if you live with a family, you might feel like it's hard to get time to yourself.**

Any change in our daily patterns can cause anxiety, stress, or depression. But there are things you can do to make a less than ideal situation a little better.

**Commit to structure:** If you're working from home, it can be nice to roll out of your bedroom with pajamas on and head right to your laptop. But do make an effort to establish and keep a new morning routine. Maybe it means spending a few minutes of quiet time, taking a shower, or dressing for work as if you were heading into the office.

**Establish boundaries:** It's easy to work through breaks when you are home. To be as productive as possible, make sure you are taking stretch breaks and a lunch break. You could step away from your computer and take a short walk around your home or neighborhood. Remember to eat lunch and healthy snacks—it will help you stay motivated and focused later in the day.

### **Learn a new activity or revisit an old hobby:**

- Finish books you let slide, or start a new book.
- Enjoy movies you've had on your "must watch" list
- Take up gardening to get outside.
- Learn a new skill like knitting or crocheting or painting.
- Make new recipes.
- Start a gratitude journal and write down things you are grateful for.

### **Connect with family, friends, and co-workers online:**

- Use apps and virtual platforms to connect with loved ones rather than just sending a text or making a phone call.
- Invite your friends to an online party or happy hour. You could also set up a group workout session!
- Instead of a phone conference, encourage your teams to virtually meet so that you can all see one another (this also helps maintain a routine like getting showered and dressed for work).

### **Relieve stress:**

- Practice breathing techniques, body scanning, or guided meditations.
- When a negative thought enters your mind, think of three positive ones.

**Source:** *LifeSolutions*