

COVID-19 AND SOCIAL ISOLATION

Living through a global pandemic can be scary and anxiety-inducing. As a result of COVID-19, you may be experiencing:

- Stress and constant worrying
- Concern over your health and the health of friends/family
- Financial concerns and issues
- Career setbacks

Staying quarantined and socially isolated can also negatively affect your well-being and mental health.

During these difficult times, it is normal to:

- Feel lonely
- Feel unproductive and stagnant
- Feel confused and lost about the future
- Feel as though your mental health/well-being is deteriorating

It is important to remind yourself that although some things are out of your control, you can still be resilient, adaptive, and successful.

Be patient and kind to yourself while you are doing your best under difficult circumstances.

Strategies that can help “Quarantine Life”

- Use this period as an opportunity to try new hobbies, explore new interests, and catch-up on things you previously never had the time for
- Engage in self-care and check-in with yourself; how is your mental health today? What are some activities that make you feel better?
- Keep in touch with family and friends – arrange virtual calls!
- If you are working or studying from home, take multiple breaks!
- Develop a healthy and consistent sleep schedule.
- Eat healthy.
- Basic activities such as taking a shower, changing out of your pajamas, etc. can help lift your mood and feel more productive.
- Take a break from social media, news articles, etc.
- Seek support if you need it; do not suffer in silence.