

Coping with Isolation During COVID 19

Being in isolation is hard. Here are things people have done to get through it.

Keep busy

Make a daily schedule. Plan how you will spend each hour. Here are some things to do:

- Read
- Plan for your future
- Daydream
- Write poetry, lyrics, or rap
- Count everything you can see
- Write down your favorite memories
- Do mental exercises to keep your mind sharp. Practice thinking of words that start with the same letter, rhyming words, counting by 7, or saying the alphabet backwards.
- Talk to people around you



- Dance
- Journal
- Draw
- Write your life story
- Write letters
- Escape into your mind: use mental imagery to picture yourself doing things like playing sports, talking with friends, or anything else you like to do.
- Teach yourself a new skill, like writing with your opposite hand.
- Watch what's going on around you



Use positive self-talk

- Tell yourself that you can do this! You've been through hard things before and you've made it through. You can make it through this too.
- Remind yourself that this is temporary. It will pass.
- Remind yourself of why you're isolated. That you're keeping yourself and/or other people safe
- Remind yourself about the things that keep you going, like the people you love or things you want to do in your life.
- Find the silver lining. What don't you miss from before isolation?



Take care of your body

- Sleep 6-8 hours per day to help you think clearly
- Jog or walk in place
- Do wall squats, sit ups, or push-ups
- Give your hands or feet a massage
- Do arm circles
- Exercise your muscles. Even squeezing your large muscle groups can help.
- Stand up and stretch every hour
- Eat enough to keep your strength up
- Keep a regular hygiene routine
- Drink plenty of water



Don't get sucked into negative thinking

- Pay attention to what you're telling yourself
- If you find yourself getting really upset or thinking negative thoughts try to distract yourself by doing something like reading a book
- Try using some positive self-talk
- Use your five senses to get out of your head and in to your life. What are five things you can see? Four things you can touch? Three things you can hear? Two things you can smell? One thing you can taste?



Improve the moment

- Look at pictures or imagine them
- Close your eyes and imagine happier times. Really let yourself feel them.
- Spend a few minutes imagining you are in the most comfortable room you have even been in. What is in your comfy room? What/who do you see? What do you hear? What do you smell? Visit this room when you get upset.
- Imagine the future
- Look on the bright side

Spend a few minutes each day relaxing

- Close your eyes and take deep breaths. Use your belly to breath instead of your chest. Can you relax your body (unclench your jaw, drop your shoulders away from your ears)?
- Tighten and relax each part of your body (make fists with your hands and release them, tense your arms and relax them)
- Imagine that you're somewhere else. Somewhere peaceful. Like the mountains or a lake. Picture it in as much detail as you can and imagine you're really there. What would you smell? What would you hear? What would you feel?



Connect with your religious or spiritual practices

- Read the bible
- Pray
- Think about your purpose
- Meditate



Ask for help if you're struggling

- Ask to speak to mental health if you need additional support
- If there is something that might make the experience a little easier, try asking for it. Remember, you miss 100% of the shots you don't take.

