

Staying Connected During Isolation

Here are some tips to remain connected when practicing social distancing or in quarantine:



1. Be creative about how you can interact with others without putting your own health (or others) at risk. Can you speak to your neighbors or friends from porches or out the window? We've seen this in Italy where people all go out on their balconies together in a neighborhood just to visit.
2. If you have access and know how to use it, try various technology methods to stay in touch. If you have a smartphone, there are many apps which allow easy access to communication such as Facebook/Facetime, Instant Messenger appts, Voxer- for walkie-talkie type messages, Skype, WhatsApp, Send and Line for text messaging and video chat. Using the video capabilities and seeing someone's facial expressions can really help increase connection and presence.
3. Check in regularly with family, friends, and neighbors. Wherever you can, assist people in your life who may be more vulnerable (for example, those with no access to the internet or who cannot easily use the internet to shop online). Make a call, drop things off at their door, pick up supplies, etc.
4. If you are in a lockdown situation, use this time to improve your existing relationships within your own home. Set up a schedule, look at what has changed and what everyone needs to feel heard, have their needs met, have a break, etc.
5. Manage your stress levels. Exercise, meditate, and keep to a daily routine as much as you can! If you have always gotten up and started with a coffee, then a shower- dont change it. Keep your routine.
6. Be creative to pass the time at home. Draw, paint, do an art project. Look through old photo albums and tell stories or play a board game. Do something for laughs and something to pass the time.
7. Remember we are in this together. Remember those around you and possibly offer to help someone that needs it. Keep yourself and others safe of course, but offer to help some more vulnerable to mow an elderly persons lawn for them or bring their garbage out to the curb. Ask if anyone needs anything. Having purpose is a rewarding feeling and kindness goes a long way.