

COPING WITH FEELINGS OF ANXIETY, DEPRESSION, AND LONELINESS BROUGHT ON BY ISOLATION AND UNCERTAINTY DURING A PANDEMIC



Things You Can Do

- Follow healthy daily routines, such as good daily hygiene.
- Eat nutritious foods
- Exercise — walk, yoga, bike-ride, jog, etc.
- Read or listen to audiobooks
- Stay connected with loved ones by phone, email, or video calls
- Do puzzles or play games
- Create art — draw, paint, etc.
- Do a craft project
- Learn a new skill
- Cook something new to you
- Do tasks around your home
- Limit your exposure to news and make sure your sources are reputable
- Attend virtual events
- Meditate
- Find free online support groups