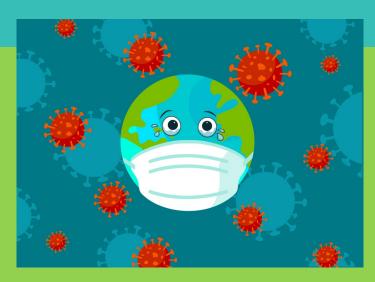
## COPING WITH FEELINGS OF ANXIETY, DEPRESSION, AND LONELINESS BROUGHT ON BY ISOLATION AND UNCERTAINTY DURING A PANDEMIC



## Things You Can Do

- Follow healthy daily routines, such as good daily hygiene.
- Eat nutritious foods
- Exercise walk, yoga, bikeride, 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