



## RISK FACTORS OF ISOLATION

Loneliness	Impulsivity
Fear of others	Social anxiety
Increased stress	Impaired immunity
Negative self-esteem	Difficulty processing information
Increase likelihood of depression	Overuse of substances + alcohol addiction
Profound negative effects on body + brain	Avoidance + Withdrawal from friends + family

## PROTECTIVE STRATEGIES FOR TIMES OF ISOLATION

### ROUTINES

Make a daily plan and follow it - Make the bed, get dressed, plan & schedule meals, call a friend, do the laundry, take a walk.

### STAY ACTIVE

Take a daily walk, practice you or TaiChi or an exercise program. There are many free resources. Ride a bike, dance, move.

### PASSIONS

Do something meaningful & interesting to you. Listen to music you love, read a book, cook a meal, plant & water a garden, do a hobby.

### CONNECT

FaceTime/Skype/Facebook chat with family & friends, call loved ones, Zoom for support groups, social events, or faith communities.

### STAY INFORMED

Limit exposure to news, select a few reliable new sources & stay current. Seek info about common experiences, coping strategies, & self-care.

### FIND MEANING

Take time to consider what really matters to you, make a gratitude list each day, practice meditation. Sit quietly & listen to your own breath and the sounds around you.

### SELF CARE

Accept **all** your feelings. There is no “normal” way to feel right now. Nurture yourself - a cup of tea, a moment outside, a nap. Eat to nourish you body. Sleep as much as you need.

### ASK FOR HELP

None of us can do this alone. Reach out to a friend, social service organizations, your primary care doctor, a therapist. You are not alone. Call 211 for help finding resources.

