



1. Recognize and acknowledge that this is a very stressful time and our emotions are affected.
2. Fight the feelings of isolation by keeping your routine-schedule as normal as possible.
 - Get up and get dressed every day
 - If working remotely schedule the same work hours, if not, create a list of housekeeping chores, yard work, and perhaps some of those home activities you have been trying to find time to do,
 - Keep planned mealtimes with healthy nutrition and hydration (avoid comfort foods, reducing carbs will improve your immune system)
 - Schedule exercise/work out time, take a walk or ride your bike,
 - Practice mindfulness, take deep breaths throughout the day, inhaling and exhaling several times a day. Listen to music you enjoy that is relaxing.
 - Go outdoors and enjoy the sun, sunlight is mood elevating,
 - Arrange time for togetherness, engage family in playing board games, puzzles, hobbies, reading, drawing, and
 - Think positive thoughts and journal about one each day
 - Call or FaceTime with 5 family, friends, neighbors or other persons who you know are isolated and talk with them
 - Keep your usual sleep ritual and get adequate sleep, use natural sleep aids (darken the room 2-3 hours before bed, warm milk, reading)
3. If you feel you feel you are becoming more stressed, anxious, angry, or are experiencing depression reach out to a mental health professional who is offering telehealth or virtual visits.