



Purpose

For some, social distancing comes naturally and has no significant impact on them. For others, social isolation can be all-consuming and difficult. Having skills to help manage social isolation can be crucial in managing your emotions, daily stressors, or even finding a new normal. This resource outlines some suggestions to feel settled when spending any amount of time in isolation.

Info

It's Okay to Grieve

You might feel that it's not okay to feel the loss of a vacation, a graduation ceremony, or even the chance to visit your local park. Even though it may seem like you now have time at home on your hands to be productive in your work life or chores that have been put off, in reality, this is an abnormal situation. It's okay to grieve the time lost and the feelings of displacement.

Get Creative with Social Interaction

Previously, your social interaction may have come largely from being outside or meeting friends in restaurants, bars, and work/school. While in isolation, these activities are no longer an option; however, now is the chance to get creative! Plan group video chats, play online multiplayer games or even try out a streaming service group viewing.

Get Comfortable with Alone Time

If you are not accustomed to being alone for any length of time, it can be challenging to adjust to your own company. Take this time to consider which independent activities you enjoy doing - is it reading, cooking, getting creative? Take your time to explore a range of activities and figure out what makes you happy.

Stay Productive

If you're feeling bored and lonely, it can be helpful to keep yourself busy. Setting yourself one or two tasks a day to complete can ensure that you have goals for each day. Creating and sticking to a set schedule for each day can be helpful as well. You can set the alarm to



wake up every morning, schedule a lunch break, set times to go on walks for breaks. Keeping a set schedule and ensuring that your eyes get away from the screen now and then can help maintain an appropriate level of productivity.

Time for Relaxation

If you suddenly find yourself with nothing to do with your days, remember that it's okay to have a day doing nothing! You're human, and downtime is just as important as keeping busy. Take this time to learn the things that relax you the most. Perhaps it's your favorite soft drink or binging a television series, or just sitting in the sun. Recovery is just as important as productivity.