

Coronavirus

Stay Socially Connected & Avoid Loneliness

For many of us the thought of being isolated or quarantined for two or more weeks can produce a very real fear of having to be alone. A challenge that you may need to prepare for is how to combat loneliness during social isolation. To maintain good mental health during your time of isolation, there are several steps you can actively take to stay connected to others:

- Find online volunteering opportunities. Donating your virtual time to a cause in which you feel passionate about means you can make a difference even if you're not there physically. Visit dosomething.org for ideas.
- Put together a family or friend instant message/text chat group that has a purpose; next family reunion, planning a trip for the future, share pictures of past times together etc.
- Find a regular time to meet with good friends or family members via Skype or FaceTime to talk about your experiences and feelings.
- Join an online book club.
- Make a phone call to an old friend or family member.
- Write and respond to unanswered emails.
- Start a blog and invite others to join and comment.

Staying connected while having to stay home can be a challenge. Additionally, keeping your spirits up while having to be alone can take a lot of energy. Remember to take care of yourself physically as well as mentally. Exercise, eat healthy foods, get enough sleep and find ways to reduce stress. If you find your mental health is becoming a concern, please reach out to your EAP 24 hours a day, 7 days a week to help you through this trying time.

This is an emerging, rapidly evolving situation. For the latest information visit [CDC.gov](https://www.cdc.gov).

As always, your EAP is here for you and your family. Whether you are staying home or continuing your routine, there are a variety of ways to connect with your EAP including: by telephone 800-327-4968 (800-EAP-4YOU), TTY: 877-492-7341, online at [EAP4YOU.com](https://www.EAP4YOU.com), through video, by live chat or text message. Reach out to us to learn more about the many options you have to receive support from your Employee Assistance Program.