Managing social isolation and loneliness during covid-19

During this time of social distancing, it is important we takecare of our selves and our loved one. For some peopel social dostancing and spending more time alone can worsen some mental health symptem.

If you are unable to go places or interact socially with many people at this time you might be wondering what you can do. Below are some ideas on how to manage you feeling of loneliness during these time.

1. Keep to a schedule

Even if you are isolated at home try to keep a regular schedule as much as possible .while loneliness can feel like it will never end ,trying to make these days feel as “normal” as possible will help you to get through. start each day with a plan of a few things that you will do, keep a daily diary about how you are feeling and what you are doing , and keep a symptom log if you are managing illness . All of these tracking systems will help you to feel like you are being pro active about the situation.

2. Stay informed

Limit your media consumption an extent to watching too much news ,reading too many articles, and consuming to much content can be over whelming . you might decide to check the news twice a day or you might decide to limit your time on social media if ever one is talking about the virus . make sure you seek sites that give factual information about what you can do to stay healthy ,such as the CDC and WHO.

3. Stay active

While it's easy to focus exclusively on how to manage you mental health and loneliness directly during a crisis, we same time forget that our physical and mental health are delicately intertwined . if you spend weeks of isolation not getting any exercise this will have a detrimental effect on your ability to cope mentally.

4. Do something meaningfull

Another contributor to keepings of loneliness can be a loss of sense of meaning, if you are finding that you feel not just bored , but also as though you are losing your sense of self , then a loss of meaning might be affecting you.

All of us want to feel like we belong and that our life has importance, which is why incorporating meaning full activities each day, even if only for a short period ,will give you a sense of purpose and identity.

5. Connect with others

Perhaps the best thing you can do to combat loneliness during this period of isolation is to connect with other in non-traditional ways . while you may not be able to visit with family and friends in person that does not mean that you can not connect .**for example** call someone on the telephone (particular on day you are feeling lonely) .

6. Find source of comfort

Finding ways to give you self comfort even when you are feeling lonely can help to improve you mental health. Below are some ideas of “comfort measures “ that you can take even if you are a lone.

- Watch favorite TV show or read favorite books.
- Take bath
- Focus on your pet
- Practice sleep hygiene to make sure you are getting enough rest

7. Create something

There's a reason why artists enjoy becoming swept away by their worke. Expressing your self through creative means can be therapeutic whether it involves painting, writing ,,dancing etc.

8. Plan for the future

While it might feel like this loneliness will last forever, there will come a time that you’ll be back to your usual routines. one way to feel less a lone now is to make planes for the future or do thing that help you to focus on the future below some idea.

- Make” a future list” of all the thing you want to do.
- Make a”goals” list for some area of your life.

9. Practice self compassion

Most importantly, practice self compassion during this difficult time. If you find your self saying things like “I shouldn‘t be feeling this way “ or pushing away difficulty emotion, this will only make you loneliness persist instead of resisting your feeling instead, find way to be accepting of them as coming and going .This helps to take away their power and ease your unhappiness.

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