

Stay Connected While Social Distancing

Life may look a little different for you right now. But no matter what kind of obstacles you're facing, it's important to remember that by staying home, you're helping to make a difference in the fight against the coronavirus.

As you adjust to your new normal, we're here to help. We'll provide you with tools, resources and tips that can help you manage stress and keep close connections while you practice social distancing.

Stay connected



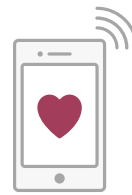
Try video chat

Face-to-face time online could be better for your emotional health than talking on the phone or sending emails. To keep close connections with co-workers, family members or a friend in quarantine, give video chat a try.



Join social groups

When used right, social media can help you improve your emotional well-being. Connect with your community to learn local updates, befriend people across the globe through support groups, or simply stay in touch with loved ones.



Call an old friend

If you've been meaning to reconnect with an old friend, this could be the perfect time to reach out. Plus, keeping close connections can help you live a longer, healthier and happier life.

Manage stress

Start a meditation routine

Taking a few minutes to meditate each day can help you reduce stress and manage depression. To get started, sit with your back straight, close your eyes and focus on breathing slowly, deeply and gently for 10 minutes.

Laugh out loud

Finding ways to laugh can help take your mind off the daily news cycle and help you stay on top of your stress. Try listening to a funny podcast, watching a comedy standup or searching for viral cat videos!

Adapt your parenting style

Have kids at home? Limit your family's exposure to news coverage of the outbreak, try to keep up with regular routines and adjust your parenting rules. With stir-crazy kids at home, it's okay to allow for more screen time or make other adjustments as needed.

Find time to relax

Make sure you put aside "you" time. Even if you're stuck in close quarters with loved ones, you can get lost in a book, tune-out with some music, or practice being present by searching your favorite video streaming site for "living room yoga."

Enjoy the weather

Getting outside may help ease stress. Take some time to soak up the sun in your backyard, get some fresh air by sitting next to an open window, or walk around your neighborhood if you can maintain at least six feet of distance from other people. Check with your local authorities first if the outbreak is severe in your area.

Learn the latest



Get the most up-to-date information about the coronavirus from the [Centers for Disease Control and Prevention \(CDC\)](#) and [World Health Organization \(WHO\)](#).

Visit the CDC at cdc.gov/coronavirus/2019-ncov/index.html

Visit the WHO at who.int/emergencies/diseases/novel-coronavirus-2019

SOURCES

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Mayo Clinic: "Stress management"
Harvard Health Publishing: "Health benefits of hiking: Raise your heart rate and mood"
UC Health Today: "What exactly is 'social distancing?' Hint: You are allowed to go outside."



Doctor Verified

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