

Eight Suggestions for Battling Social Isolation

Courtesy of The Family Institute at Northwestern University

1. Accept the reality of the situation. Acknowledging an unpleasant reality may help to reduce stress and enable you to think through the best way to move forward.
2. Embrace your feelings. Acknowledging uncomfortable feelings can give you power over those emotions. Tend to feelings of danger and insecurity.
3. Don't think about feelings as positive or negative. Feelings can represent how you connect to your environment and signal what actions you should take to make yourself comfortable.
4. Be mindful of how loneliness can manifest in physiological sensations like elevated heartbeat. Recognizing alarming sensations in the moment and allowing them to pass may help neutralize them.
5. Use isolation as an opportunity to better get to know and understand yourself outside of who you are when interacting with other people. Rediscover your uniqueness.
6. Focus on the opportunities isolation provides, rather than the things you have lost. Take advantage of extra time to make positive changes or pursue goals you may have put off.
7. Find ways to stay relaxed and connect to your social networks. Maintaining pre-pandemic routines as much as possible can help, but give yourself leeway to make adjustments.
8. Practice self-care. Receiving constant news updates can create more stress. Plan how you want to receive important information and take mental and physical breaks.