

Coping with Changes

Brought by COVID-19



Managing isolation and connecting with others

It's important to stay connected with your primary people. Social distancing means keeping a six foot distance from co-workers, fellow shoppers at the grocery store and in other public places. None of the experts are saying that you have to keep this distance from your significant other, your children, or your pets. Be sure to give them lots of hugs!

You can use technology to connect and ease the stress of social isolation. Take the time to call or video conference with a friend or family member who is also feeling the impact of isolation. Connect, check in, and support one another. Having someone to talk to can help with feelings of being overwhelmed and make the stress seem more manageable.

Remember, a strong relationship involves equal partnership, so if your friend or loved one calls after a rough day, be ready to listen. Getting through hard times together will make you feel closer and less isolated.

[Nurturing relationships and maintaining connections.](#)

