Given these challenges our mental health provider team has collected a few suggestions and resources we hope might be helpful during this time. Our social isolation doesn’t need to mean disconnection, and we hope you’ll reach out to us for support if needed.

We know that structure, routine and predictability can add to our sense of control. Some potential examples include:

* Building or maintaining a healthy sleep routine.
* Setting limits on screen time.
* Creating lists of activities that don’t involve technology.
* Using the time to become more physically and mentally healthy
* Learning or re-engaging in the practice of relaxation and meditation, 10-20 minutes twice a day if possible.

With social distancing in place we can also find new ways to connect with ourselves and others. These might include:

* Engaging in conversations about things other than the virus.
* Staying connected to the people you trust. It’s especially helpful to see loved ones’ expressions through FaceTime, Skype, etc (versus through text or email).
* Finding and creating opportunities to laugh.
* Making time for artistic expression.
* Getting outside daily for fresh air and access to nature.
* Choosing several credible news sources to follow important updates - and avoiding the rest.
* Remembering to breathe! [https://www.health.harvard.edu/lung-health-and-disease/learning-diaphragmatic-breathing](http://mkto-sj060080.com/K0058QT20IYm0Nr9UbyS0I0)
* Avoiding news and social media right before bed.
* Practicing gratitude. Research shows that finding something to be grateful for can increase positivity and relieve feelings of anxiety and stress.