

Coping

WITH ISOLATION + LONELINESS

It's normal to feel stress when faced with staying indoors and interacting less with people. What's the best way to get through this period of isolation?

DO SOMETHING MEANINGFUL

A contributor to feelings of loneliness can be a loss of sense of meaning. Doing something meaningful each day, even if only for a short period, will give you a sense of purpose and identity.



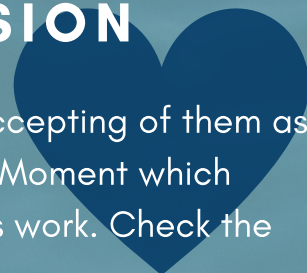
CREATE SOMETHING

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

Check out DIY Days with the Studio hosted by the 7th Street Studio for art projects you can do at home!

PRACTICE SELF COMPASSION

Instead of resisting your feelings, find ways to be accepting of them as coming and going. The CSDC hosts a daily Mindful Moment which could be a space for you to start doing some of this work. Check the Virtual Events calendar for more info!



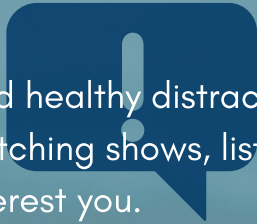
START A HOME PROJECT

Choose a space in your home and start an organizing project or redecorate by moving things around or moving things from other rooms.



DISTRACT YOURSELF

Find healthy distractions. These might come in the form of reading, watching shows, listening to music, or finding other activities that interest you.



STAY ACTIVE

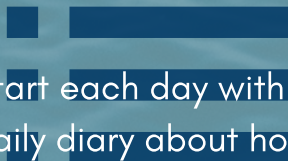
You may take some time to practice yoga, mindful meditation, or go for walks around your neighborhood.

You might find a workout online to do when you need a break.



MAINTAIN A ROUTINE

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.



LIMIT MEDIA

You might decide to check the news twice a day, and make sure you seek sites that give factual information.

Check out our Positive Media graphic for some feel-good news sources.



NEED MORE INFO?

Call the Counseling and Student Development center at 570-577-1604 or check out our [website](#) for additional information.