Loneliness and isolation can take a toll on mental health if not addressed. Tips for coping include:

1. **Create a daily routine.**
   - Having a routine brings order and purpose in our lives
   - Schedule activities such as work, physical exercise, new learning, household chores, time for breaks and healthy outlets and hobbies

2. **Connect with others.**
   - Face-to-face visits may not be possible, so use phone calls, text messages, video chat, or social media to maintain social connections
   - Talk about your experience and emotions with others; many are struggling to adapt to the 'new normal' and by sharing, we are able to support one another

3. **Focus on things you can control.**
   - This includes getting enough sleep, eating well, and exercising
   - Take time to disconnect, breathe, and be mindful when we are able
   - Make efforts to avoid junk food, alcohol, or drugs to cope

4. **Start a new isolation ritual.**
   - Try journaling, create something (home project, drawing, etc.), or make a list of things you’ve been wanting to do and perhaps select one to get started on

5. **Acts of service.**
   - Consider volunteering or finding another way to help others

Sources: APA, Calgary Herald, Shape, Coalition to End Social Isolation & Loneliness, Very Well Mind, ADAA, The Lancet

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