



Wellness While Social Distancing



Maintaining a 6 foot distance has changed much of our daily life

Social contact is a human need. Without our friends, we can suffer both mentally and physically. Physical distance can foster loneliness, making it easier to get lost in negative thoughts and behaviors.

AVOID



Using Substances to Cope



Over Sleeping



Constantly Reading the News



Ignoring Daily Activities



Over or Under Eating

BE CAUTIOUS WITH



Frequent "Social" Drinking



Online Shopping



Turning to Social Media



Infrequent Personal Time



Binging Shows & Movies

TRY TO INCLUDE



A Consistent Morning Routine



Daily Movement



Mindfulness & Prayer



Face-to-Face Time with Loved Ones



Reading a Book or Short Story