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