

COPING WITH QUARANTINE

The coronavirus outbreak is different from anything any of us have lived through before. With schools closed and events cancelled, being stuck at home can bring up a lot of feelings. You may be feeling worried, depressed, disappointed, or even just bored! Psychologists tell us that finding **BALANCE** is the best strategy for coping.

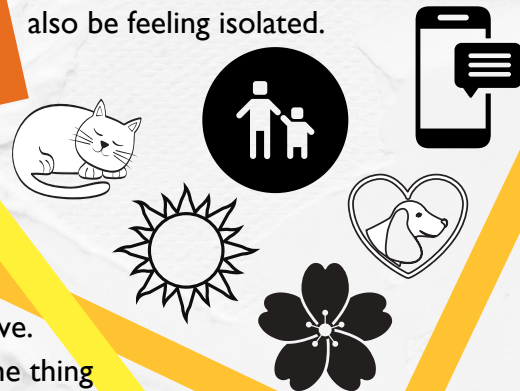
ENJOYMENT

It's important to keep up with the things that make you feel good! You might have to adapt your usual activities, or you can use this as an opportunity to try some new ones.



CONNECTION

Humans are social animals and it's good for us to stay connected with people, with animals, and even with nature. Try using phone, texts, video chats or social media to stay connected to friends and family who may also be feeling isolated.



ACHIEVEMENT

Relaxing is nice, but in order to have balance we need to feel we are also being productive. Try to keep to a schedule and do at least one thing each day that makes you feel accomplished.

