

Mental Health Tips for Coronavirus Social Distancing

Practices and Tips from article by Dr. Giuseppe Raviola, Director of Mental Health at Partners in Health. Find the full article here: <https://www.pih.org/article/10-mental-health-tips-coronavirus-social-distancing>.

Top 10 Practices:

- 1) Social distancing does not mean emotional distancing- use technology to connect
- 2) Create new routines and schedules, but don't be too strict
- 3) Exercise and physical activity, daily if possible
- 4) Incorporate learning and engagement—books, reading, limited internet
- 5) Make family time positive- try to counter negativity
- 6) If you live with others, have some alone time, outside if possible, but don't isolate
- 7) Focused meditation and relaxation
- 8) Make time for the things that you really enjoy doing that you are still able to do in this situation
- 9) Limit exposure to TV and internet news
- 10) Bathe daily, if possible, to reinforce the feeling of cleanliness

Remember:

- Things will get better eventually, and back to normal; the world is not collapsing
- Most people are good, and people are going to persevere and help each other
- You're tough, you've overcome challenges before; this is a new one
- This is a particularly strange and unprecedented situation; humor helps once in a while
- If having obsessive or compulsive thoughts related to the virus, or the broader uncertainty, wash your hands once, and then remind yourself that anxiety is normal in this scenario. But the mind also can also play tricks on us. Try to breathe and move the internal discussion on
- Live in the moment, think about today, less about the next three days, even less about next week; limit thinking about the next few months or years, for now