Running an errand for a neighbor not only helps them, but will also make you feel more connected to your community. Make sure to take extra precautions when coming into contact with others.

Eating healthy, exercising, meditating, and maintaining a daily routine can all help reduce stress levels and help one cope with social isolation.

Focusing on the altruistic reasons for social distancing can help mitigate anxiety or stress. By social distancing yourself, you are preventing others from getting sick and stopping the spread of COVID-19 to vulnerable individuals.

Making sure you stay connected with colleagues, family, and friends can ease feelings of loneliness. Social media, video chat platforms, and telephone calls can all be used to keep in-touch with others during social distancing.

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