

TIPS FOR STAYING POSITIVE & HEALTHY DURING SOCIAL ISOLATION

1



Maintain a connection with the people you love, even if it can't be a physical one

2



Schedule these interactions

3



Continue regular therapy but via telehealth instead of in person

5



Replace lost physical contact

4



Use social media, but actively, not passively



Dr. Elizabeth Hunt &
Dr. Lyle Ungar
Dept. of Psychology
School of Arts & Sciences