New England (HHS Region 1)

PTTC Prevention Technology Transfer Center Network

Funded by Substance Abuse and Mental Health Services Administration

Portland Recovery Community Center

RISK FACTORS OF ISOLATION

Loneliness
Fear of others
Increased stress
Negative self-esteem
Increase likelihood of depression
Profound negative effects on body + brain
Impulsivity
Social anxiety
Impaired immunity
Difficulty processing information
Overuse of substances + alcohol addiction
Avoidance + Withdrawal from friends + family

PROTECTIVE STRATEGIES FOR TIMES OF ISOLATION

ROUTINES

Make a daily plan and follow it - Make the bed, get dressed, plan & schedule meals, call a friend, do the laundry, take a walk.

STAY ACTIVE

Take a daily walk, practice you or TaiChi or an exercise program. There are many free resources. Ride a bike, dance, move.

PASSIONS

Do something meaningful & interesting to you. Listen to music you love, read a book, cook a meal, plant & water a garden, do a hobby.

CONNECT

FaceTime/Skype/Facebook chat with family & friends, call loved ones, Zoom for support groups, social events, or faith communities.

STAY INFORMED

Limit exposure to news, select a few reliable new sources & stay current. Seek info about common experiences, coping strategies, & self-care.

FIND MEANING

Take time to consider what really matters to you, make a gratitude list each day, practice meditation. Sit quietly & listen to your own breath and the sounds around you.

SELF CARE

Accept **all** your feelings. There is no "normal" way to feel right now. Nurture yourself - a cup of tea, a moment outside, a nap. Eat to nourish you body. Sleep as much as you need.

ASK FOR HELP

None of us can do this alone. Reach out to a friend, social service organizations, your primary care doctor, a therapist. You are not alone. Call 211 for help finding resources.

pttcnetwork.org/NewEngland