1. Recognize and acknowledge that this is a very stressful time and our emotions are affected.

2. Fight the feelings of isolation by keeping your routine-schedule as normal as possible.

   - Get up and get dressed every day
   - If working remotely schedule the same work hours, if not, create a list of housekeeping chores, yard work, and perhaps some of those home activities you have been trying to find time to do,
   - Keep planned mealtimes with healthy nutrition and hydration (avoid comfort foods, reducing carbs will improve your immune system)
   - Schedule exercise/work out time, take a walk or ride your bike,
   - Practice mindfulness, take deep breaths throughout the day, inhaling and exhaling several times a day. Listen to music you enjoy that is relaxing.
   - Go outdoors and enjoy the sun, sunlight is mood elevating,
   - Arrange time for togetherness, engage family in playing board games, puzzles, hobbies, reading, drawing, and
   - Think positive thoughts and journal about one each day
   - Call or FaceTime with 5 family, friends, neighbors or other persons who you know are isolated and talk with them
   - Keep your usual sleep ritual and get adequate sleep, use natural sleep aids (darken the room 2-3 hours before bed, warm milk, reading)

3. If you feel you feel you are becoming more stressed, anxious, angry, or are experiencing depression reach out to a mental health professional who is offering telehealth or virtual visits.