

# *Tips for coping with isolation*

- *Video call friends and family! Although we are unable to physically see people at the minute, video calling loved ones is an alternative and can help us to feel less alone*

- *Stop checking the news and social media so often!*

*Whilst it is necessary to keep up to date with local rules and guidelines - constantly being online can be really counter-productive. Create a positive online environment by following accounts that bring you joy and don't be afraid to filter out any pages or people that are causing you stress.*

- *Regularly remind yourself that this will not last forever!*

*You will be able to make new memories again, you will get to experience all of the things that we are missing out on right now.*

