



**Taking Care of Your Behavioral Health: TIPS FOR SOCIAL DISTANCING, QUARANTINE, AND ISOLATION DURING AN INFECTIOUS DISEASE OUTBREAK**



**CONNECT WITH OTHERS**

Reaching out to people you trust is one of the best ways to reduce anxiety, depression, loneliness, and boredom during social distancing, quarantine, and isolation. **You can:** Use the telephone, email, text messaging, and social media to connect with friends, family, and others. Talk “face to face” with friends and loved ones using Skype or FaceTime. If approved by health authorities and your health care providers, arrange for your friends and loved ones to bring you newspapers, movies, and books.



**TALK TO YOUR DOCTOR**

If you are in a medical facility, you may have access to health care providers who can answer your questions. However, if you are quarantined at home, and you’re worried about physical symptoms you or your loved ones may be experiencing, call your doctor or other health care provider: Ask your provider whether it would be possible to schedule remote appointments via Skype or FaceTime for mental health or substance use.



**USE PRACTICAL WAYS TO COPE AND RELAX**

Relax your body often by doing things that work for you—take deep breaths, stretch, meditate or pray, color the picture above, or engage in activities you enjoy. Pace yourself between stressful activities, and do something fun after a hard task. Talk about your experiences and feelings to loved ones and friends, if you find it helpful. Maintain a sense of hope and positive thinking; consider keeping a journal where you write down things you are grateful for or that are going well.



**REACH OUT FOR HELP**

If you or your loved ones experience symptoms of extreme stress—such as trouble sleeping, problems with eating too much or too little, inability to carry out routine daily activities, or using drugs or alcohol to cope—speak to a health care provider or contact Zion Recovery Services or Southwest Mental Health Center.