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COPING WITH THE COVID-19 QUARANTINE

The present quarantine presents a variety of unique challenges and impacts each of us differently. An especially difficult component is having to be separated from our loved ones and the unknown factor of when we will be able to see them again.

Reassuring ourselves that the current condition is temporary, can help decrease worry and stress. Remind yourself of your existing coping skills that have helped you get through uncertain and

challenging times. You can connect with loved ones over the phone, video-chat or even by



writing a letter. Try getting friends or family members together for a group video chat, this might help decrease feelings of loneliness and social isolation. Expressing how meaningful the people you care about can help

you feel connected even if you are unable to physically be with them.

TIPS FOR DEALING WITH BOREDOM

- Creating a routine is most helpful when trying to avoid boredom and loneliness
- Schedule blocks of time for you to do the things you enjoy
- Schedule video chats to connect with friends and family
- Practice self-care, keep up on normal hygiene routines, practice healthy sleeping patterns
- Create, build something, do a craft, make a DIY decoration, draw, paint, write/blog, etc
- Look up new recipes and cook, have special themed meals and make it fun
- Exercise by looking up videos online and follow them
- Connect with nature, watch the clouds or stars, take a walk, look out the window, do yardwork

