

Vermonters Are With You

Staying Mentally Healthy During Self-Isolation or Quarantine

We're staying home to stay safe, and that's the right thing to do for ourselves and everyone else. But the ongoing stress due to the Coronavirus may lead to feelings of hopelessness and isolation.

While we may not be able to take part in our usual work and social routines, we can create new routines and practices to help us feel well.

Self-Care is Key

It's easy to put off taking care of ourselves when there is so much that is new every day, and our daily routines have changed suddenly. Self-care may feel like "just one more thing" to do. But taking a walk, practicing [yoga](#) (and if you have limited mobility, there is [yoga](#) for you, too) or other ways to [reduce stress](#) such as [mindfulness](#), or taking a few moments to read something [uplifting](#) can shift our mood and help us see things differently in trying times. Lowering our stress in healthy ways can also [make our bodies better at fighting off sickness](#).

Maintain Healthy Routines

The Coronavirus and concerns about COVID-19, the illness it causes, have upended most of our daily routines.

Start today to create new, healthy routines. You might start or end your day with a walk (staying at least six feet away from anyone else), or with 10 minutes or more of [mindfulness](#).

Build-in healthy breaks through-out the day. Take a few minutes to focus on your breathing, or step outside for a moment. And in the evening, while watching a movie may be fun, you might also play a musical instrument, read a book, start a journal or other writing project, and of course, [stay connected](#) – talk to friends and family on the phone or via an on-line platform.

Making these kinds of activities a regular part of your day will help you "stay home and stay safe" in good health.

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Staying home and away from friends and family is hard, even for those who don't live alone.

Pay attention to your thoughts and feelings. If you are feeling down, or find yourself having negative thoughts, help is available. In addition to your [local mental health agency](#), you can contact a helpful person at one of the numbers, below.

Don't hesitate. Make the call. Vermonters Are With You.

**You
Are
Not
Alone**

Available 24/7 – If you need help, text VT to 741741

The National Suicide Prevention Lifeline
is available 24/7 at 800-273-8255

Dial 2-1-1 to find mental health services in your area

Vermont Peer Support Line – open 3 PM-6 AM
Call or text 833-888-2557