



WHAT TO DO WHEN YOU'RE FEELING ISOLATED



The time of COVID-19 is challenging, and it is okay if you are feeling stressed or lonely during this uncertain time. Many people are experiencing these feelings. While social distancing is our best protection against COVID-19, it can lead to a sense of loneliness and isolation. There is support to stay connected, and resources are available if you are struggling with your emotional and mental health during this time.

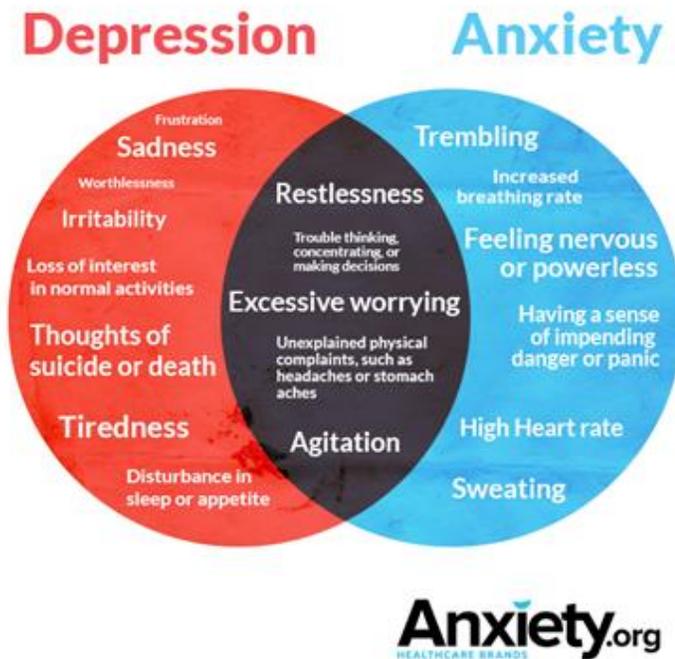
Tips for Staying Mentally Well Now and After COVID-19:

- **Establish daily rituals/habits**—Make routines and habits to follow, do what you would in your normal routine such as going to bed and waking up at the same time and getting dressed each day
- **Sleep**—Be sure you are resting (Naps are okay too!)
- **Unplug**—Step away periodically from the news either on TV or social media
- **Stay informed but not overwhelmed**—Don't watch the news before bed
- **Keep your mind active**—Read, do crossword puzzles, or activities that exercise your brain power
- **Practice mindfulness**—Do breathing exercises, stretch, or yoga
- **Stay active**—Go outside and walk (just be sure to maintain 6 feet apart from any neighbors) —Exercise is vital for physical and mental health
- **Keep your faith**—Connect with your faith and spiritual practices
- **Seek out humor**—Laughter can lift your spirits. Listen to a radio show or podcast that will give you a good laugh or watch your favorite comedy on TV
- **Phone a friend**—You are not alone in how you are feeling, stay connected to those around to you, and check in on your friends and neighbors
- **Start a new hobby or reconnect with an old one**—Now is the time to do what you enjoy or try something new you've always wanted to do

*Is information on this flyer incorrect or outdated? If so, please report it to (919) 542-4512.

Be kind to others and to yourself. Give yourself and others grace in adjusting to sheltering-at-home.

Signs of Depression and Anxiety among Older Adults:



Resources for mental health/emotional/social support:

- For anyone who may be experiencing emotional or mental health distress at this time, there is a new free resource available to North Carolinians. Call the **HOPE4NC Helpline** at **1-855-587-3463** for support 24 hours a day, 7 days a week.
- Another free resource for 24/7 mental health support is the **Cardinal Innovations Help-Line** at **1-800-939-5911** or ****275**.
- The SAMHSA **Disaster Distress Hotline** is available 24 hours a day for anyone in distress. Dial **1-800-985-5990** or text **TalkWithUs** to **66746**.
- The Chatham County Council on Aging staff is making friendly check-in calls during this time. To get a call, let the Council know by contacting the Pittsboro Center **919-542-4512** or the Siler City Center **919-742-3975**.
- The NC Baptist Aging Ministry (NCBAM) has a friendship **Hope Line** open to anyone feeling lonely during this time at **1-866-578-4673**.
- Another free call-in number is the Institute on Aging's **Friendship Line** at **1-800-971-0016**.

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