

Wellbeing. Done Well.



Thriving in Place

Being on Your Own Without Being (Too) Lonely



As COVID-19 continues to cause concern, we are being advised to shelter in place, engage in social distancing, and work from home. For many, especially those who live alone, these precautions fuel the risk of another problem. *Feeling lonely.*

While there's no one-size-fits-all approach to coping with being alone, here are a few suggestions to help you feel more connected.



Create Routine. Keeping to a schedule is important in times of stress. Start your day with a list of tasks/activities. Be sure you allow for some social connection.



Stay Connected. Instead of cancelling social events, create new opportunities to bring people together.

- Schedule a book club meeting, or family/friend gatherings over the phone or by video. Video chat lets us see facial cues and body language.
- "Porch chat" with neighbors where you talk through the front window.
- Coordinate a community "stretch" time where neighbors step outside their homes each day to stretch, wave hello, and send good thoughts across the way.



Do something meaningful. Doing something meaningful can contribute to a sense of purpose and identity. Only you can know what is meaningful to you, but here are some ideas to get you started.

- Enroll in an online course.
- Create a family tree using genealogy websites.
- Sign up to be an online volunteer through [United Nations](#)

Take Care of Yourself

Fear and anxiety about COVID-19 can be stressful. Here are some tips to help you manage stress and anxiety.

- Practice good self-care
- Minimize exposure to media/news
- Get facts from reputable sources
- Acknowledge feelings
- Eat well, go for a walk, talk with family and friends
- Focus on things in life that are going well and what you can control
- Practice relaxation techniques

For more help, check out our [Coronavirus Resources](#). Go to employees.concernhealth.com and login with your company code.

When to get help

If you're feeling overwhelmed and stress is interfering with your everyday life, consulting with a counselor may be beneficial. For a consultation with Concern, call 800-344-4222 or visit our website employees.concernhealth.com



Get Moving! Gentle stretching, yoga, qigong and cardio videos can be found on a smart TV, apps, and various websites. Dance with a friend on Face-time. Take a virtual exercise class like those offered on [Planet Fitness YouTube](#). Or a free yoga classes like [Yoga with Adriene](#).



Learn something new. Resources, such as [EdX](#), [Skillshare](#), and [Coursera](#) offer a wealth of online courses. Go to [Google Arts & Culture](#) to virtually explore artworks, famous sites and landmarks, visit museums, national parks, and art galleries. Content curated by experts.



Go to the theater (virtually). The Met is streaming for free encore presentations of *Live in HD* series. Playbill has a list of [Broadways shows](#) you can watch for free on stage from home. [Seattle Symphony](#) is sharing free broadcasts.



Practice Mindfulness. Try apps such as [Insight Timer](#), [Calm](#), and [Headspace](#) for a daily meditation. Go to this [Concern link](#) to discover mindfulness in surprising places. End each day by writing or saying aloud five things for which you are grateful. Be specific.



Distract yourself. Healthy distractions are good for mental health. Join an online book club like the ones at [Goodreads](#). Pick from 3300 [TED talks](#) to stir your curiosity. Create a playlist of songs you enjoy. Play games that engage your mind such as Sudoku, crossword puzzles, or online chess.

It's normal to feel stressed and lonely when staying indoors and interacting less with people. We hope that these ideas on how to manage loneliness are helpful. But if you find yourself unable to pull yourself out of feelings of anxiety, depression or fear, it is important to reach out for help. Consider calling Concern and arrange to talk with a counselor.

Employees and eligible dependents can request Concern counseling and work/life services 24/7 by calling or visiting our website.

Call: 800.344.4222
employees.concernhealth.com