

Handling Self-Isolation and Quarantine

If you have been feeling ill, working remotely, or simply self-isolating, then it's possible for you to be feeling overwhelmed right now. Here are some specific tips to help you get through the next few weeks and months.

- **Maintain your routine.** It is important to maintain a sense of normalcy, where possible. If you are working remotely, check in with coworkers, and try to stick to a typical daily routine. Doing this will help you be more productive.
- **Stay in touch as much as possible.** Use video chats, emails, and/or phone calls to check in with family, friends, and colleagues regularly. To help keep spirits up, send each other gifts, have virtual movie nights, etc.
- **Ask for help.** If you feel lonely or need help getting supplies during the isolation period, reach out to coworkers and your local community. Many people are willing to help during challenging times.
- **Avoid too much TV time.** During your time at home you might be tempted to binge watch television, but be careful about having too much idle time in front of the TV. Sitting for long periods doing nothing can cause us to feel unproductive, and this can eventually lead to feeling rather useless. Balance sitting time with active time as much as possible.
- **Look after your body.** Do not neglect your body just because you are stuck at home. Try out meditation, yoga, or other at-home workouts. Eat smart meals—your body needs all the support it can get right now.

While everyone reacts to stressful situations and changing circumstances differently, everyone needs to find what works for them to keep going in a positive direction. Take care of yourself, your family, your friends, and your coworkers. Remember, we are all in this together, so stay connected to the important people in your life. Focus on what you can control, and don't allow yourself to burn out.

In addition, remember you can always reach out to the Employee Assistance Program (EAP) for support. Your EAP is an immediate, confidential, and free resource for whatever life issues you may be dealing with. Avera EAP can be accessed by calling **800-527-9394** or **605-322-4069**.

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