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**UHN CARES – COVID-19 Mental Health Support Program**
Coping and Resilience for Employees & Staff

# Dealing with Loneliness and Isolation During COVID-19: Tips for Healthcare Workers

*Loneliness and isolation can take a toll on mental health if not addressed. Tips for coping include:*

## Create a daily routine.

This helps preserve a sense of order and purpose in our lives. Schedule activities such as work, physical exercise, new learning, household chores, time for breaks and healthy outlets and hobbies.

## Connect with others.

Face-to-face interactions may be limited so use phone calls, text messages, video chat, or social media to maintain social connections. Discuss your experience and emotions with others; many are struggling to adapt to the 'new normal'. By sharing, we are able to support one another.

## Focus on things you can control.

These include self-care, such as getting adequate sleep, eating well and exercising as well as taking time to disconnect, breathe and be mindful when we are able. Also, make efforts to avoid junk food, alcohol, or drugs as a way to cope.

## Start a new isolation ritual.

Try journaling (with pen/paper or a journaling app), create something (home project, painting, drawing, etc.), or make a list of things you've been wanting to do and perhaps select one to get started on.

## Acts of service.

Consider volunteering or finding another way to help someone out who may also be feeling lonely or in need.

**Contact UHN CARES**
- 416-340-5033 or 14-5033, Monday to Friday: 9AM-5PM
- UHNCARES-COVIDPROGRAM@uhn.ca
- 'Mental Health Supports' tab on COVID-19 Intranet page

**Sources:**
- APA (link), Calgary Herald (link), Shape (link), Coalition to End Social Isolation & Loneliness (link), Very Well Mind (link), ADAA (link), The Lancet (link)