Transforming Social Isolation into Quality Me Time

COVID-19 is taking its toll on every single one of us! For many people the experience of loneliness that results from social distancing and social isolating can be very difficult to cope with. Our feelings of anxiety, fear, frustration and boredom become even more challenging when the length of our isolation is uncertain. We are being compelled in this moment to adopt a strange and more solitary way of life.

So how shall we survive and even thrive in this strange new reality? What research studies have shown us is that a sense of control is vital to our mental and emotional well-being. During times of great uncertainty, the first thing we need to do is think about right now and not let our minds wander too far into an unknowable future.

The question becomes one of how to best live this moment. What is within my control? What unique opportunities can I find? A period of imposed isolation can become an opportunity to explore our creative side, to be introspective, to develop a side of ourselves that is so often pushed aside in the hustle bustle of “normal” life.

There are so many positive ways to spend our newly acquired alone time: take up a new hobby; start journaling; join a virtual exercise class or better yet, organize a virtual pizza party with your friends; catch up on Ted Talks; clean out that closet; research a charity or cause of interest; and never forget that making a connection with a caring EAP counselor is always an option.

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