



# Overcoming the COVID-19 Isolation Burnout

Isolation during COVID-19 can be worse for those suffering from anxiety. Months into the pandemic and things haven't become easier burnout is the chronic, physical, from feeling like you can no longer



for parents or kids. The definition of and emotional exhaustion resulting do your job.

COVID-19 is causing so much unprecedented and uncertain, and comfort, and the media is not developing moment by moment.

anxiety because the situation is People are craving answers, security, able to provide that as information is

So, what can you do if you or your loved one is suffering from anxiety during this time? Implementing these tips into your daily life during the quarantine may help ease your mind.

## Focus on What You Can Control

There are things we can't control during the pandemic. That includes the virus happening, what the media is reporting, policies that the government is putting in place, and the financial market.

But there are things we can actually control, like engaging in positive coping strategies, and ***our reaction to the situation***. Giving your energy to these things may be helpful in putting your mind at ease.



## Make a Schedule



When you're stuck at home, it can be so easy to fall into unhealthy routines. From not practicing proper hygiene to lying in bed longer or putting off chores, the simple act of giving up only adds to the stress and anxiety caused by a pandemic. Set a new schedule—and ***add some fun elements to it as well***.

While being at home with family, be grateful for the time we have for simple rituals like family dinners, trying new hobbies together as a family, try to involve the entire family, so it feels like something new and fun.

## Make a Downtime priority

Young children can benefit from downtime. Routines that include quiet time, even if it is a few moments being held in a rocking chair, perhaps being sung to or read to, offer opportunities for centering and connection.





Older children and teenagers should be encouraged to take time out of their busy schedules. Take a break in between school and diving into homework, then take a break after each assignment is completed to go outside or get some exercise or even go back to the old rocking chair.

Also, remember that *your idea of self-care may differ from your kid's idea*. Parents should watch out for how children respond to self-care activities. It could be that their children do not find the same benefits from the parent's self-care activity of choice. ***Expose your kids to a variety of strategies so that they can discover what suits their needs best.***

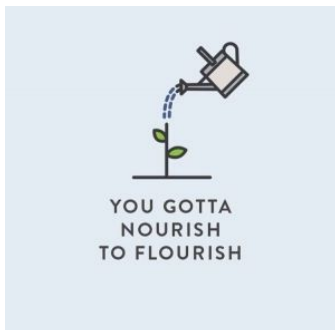
## Nourish the mind



Encourage your kid to step away from the screen, set down their toys, and get in touch with their inner self. "Activities that encourage mindfulness, such as yoga, and guided imagery are powerful tools that help build insight, awareness, and perhaps most importantly, tolerance for discomfort. ***Nourishing both mind and body is important***, Here are a few tips on what you should do to keep your body and mind strong during the COVID-19:

1. **Nourish your body:** Wholesome foods like ***fruits and vegetables*** nourish your body.
2. **Get outside:** Immune cells react positively to vitamin D, which you can get through sunlight and some fortified foods. To boost your vitamin D levels, head outdoors for a walk, to play a sport or even ***read a book in the sunshine***.
3. **Move more:** Get active outdoors to enjoy the benefits of exercising and being in the sunshine. Physical activity can improve your mood, how your body responds to an infection and your overall health. Since spending time outside during social distancing is allowed and even encouraged, be sure to stay at least 6 feet from people you may encounter and avoid public gathering areas.
4. **Get sleep:** ***Sleep allows our body to repair and heal*** from the stress it endures each day. Right now, it's especially important to aim for at least seven hours of shuteye.

## Practice Self-Care



Self-care is a great way for people to reduce stress. That's why it's important to encourage yourself, your partner, or child to find a method of self-care that works and do that. Some music can be powerful self-care. Create a COVID-19 playlist to do work to, take a walk to, or just listen without distraction.

Other forms of self-care that therapists recommend are ***reading a book, organizing or cleaning a messy space, taking a long bath with candles and soothing sounds, or simply taking a few moments to rest or meditate*** (you can use a meditation app like Insight Timer, Calm, or Headspace).

## Start a New Hobby Together

Although the go-to may be to hop on the couch and binge a few shows on Netflix, TV is not necessarily the best way to help combat the symptoms of anxiety either. Instead, ***start a new hobby with your loved one***. This helps take the mind off stress by giving it a new focus.

You could try things like knitting, crocheting, or maybe even yoga, anything that suits you and your child's interest.



## Take a Break from Social Media

Disconnecting to be Connected

**Taking a  
break from  
Social Media**



There's nothing that can relieve instant stress faster than getting rid of the culprit immediately. If you're with your family at home, set up a ***"no phone hour" or "no social media Saturday."*** Things like this will help disconnect from the stressors and connect with loved ones instead.

The best thing you can do is to encourage your friend or family member to ***step away from the internet***. It may be tempting to use that as a primary modality to entertain themselves, but it can also lead to more feelings of uneasiness, insecurity, increased dread, and even doubt."