

# Social Isolation Tip Sheet

Warning Signs	Coping Strategies
<ul style="list-style-type: none"> <li>• Decreased engagement with co-workers/peers</li> <li>• Declining work performance/poor attendance</li> <li>• Increased irritation and moodiness</li> <li>• Feeling chronically tired/lethargic</li> <li>• Increased inability to concentrate</li> <li>• Unhealthy decision-making</li> <li>• Spending increased time alone</li> <li>• Lack of interest in favorite activities</li> <li>• Decline in self-care and grooming habits; skipping meals, poor hygiene, disrupted sleep</li> <li>• Distancing from close friends</li> </ul>	<ul style="list-style-type: none"> <li>• Attainable Social goals: “I will connect with one co-worker or friend for five minutes today.”</li> <li>• Identify an accountability partner; “If I don’t call you every other day, call ME.”</li> <li>• Schedule regular check-ins with employer</li> <li>• Consult with physician or counselor</li> <li>• Exercise and physical activity</li> <li>• Volunteering to increase social interaction</li> <li>• Family projects and activities</li> <li>• Learn new skills and hobbies</li> <li>• Foster and/or adopt a pet</li> </ul>
Staying Socially Connected	Resources
<ul style="list-style-type: none"> <li>• If working remotely, encourage being on camera during meetings</li> <li>• Setting aside time to have lunch with co-workers</li> <li>• Participation in after work social events</li> <li>• Take small opportunities to leave the home; such as walking around the neighborhood or getting groceries.</li> <li>• Use your creative brain to stay connected             <ul style="list-style-type: none"> <li>○ Try a new recipe and share it with a friend</li> <li>○ Create a make-up tutorial and share it with others</li> <li>○ Create an art piece and give it to a loved one</li> </ul> </li> <li>• Share music playlists with friends</li> <li>• Create a blog/vlog</li> <li>• Join an in-person/virtual support group</li> <li>• Try a virtual cooking lesson</li> <li>• Play an online game with a friend</li> </ul>	<ul style="list-style-type: none"> <li>• <a href="https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected">https://www.nia.nih.gov/health/loneliness-and-social-isolation-tips-staying-connected</a></li> <li>• <a href="https://www.crisistextline.org/">https://www.crisistextline.org/</a> - Text “Home” to 741741 to connect with a counselor via text at any time.</li> <li>• <a href="https://www.samhsa.gov/find-help/national-helpline">https://www.samhsa.gov/find-help/national-helpline</a> - 1-800-662-4357</li> <li>• <a href="https://www.mhanational.org/find-support-groups">https://www.mhanational.org/find-support-groups</a></li> <li>• <a href="https://suicidepreventionlifeline.org/">https://suicidepreventionlifeline.org/</a> - 988</li> </ul>