RESOURCES FOR SENIORS TO COMBAT SOCIAL ISOLATION

Older adults and people with serious underlying medical conditions, such as diabetes, heart disease, and other immune-compromised conditions, are at higher risk of contracting severe illness from COVID-19.

COVID-19 is a new disease and we are learning more about it every day. Because of this, there is a lot of fear and anxiety surrounding this outbreak. Combined with social isolation, this can be a difficult time. With this in mind, we are providing a list of resources to combat anxiety and feelings of isolation.

THINGS YOU CAN DO TO SUPPORT YOURSELF:

• Visit the CDC website for tips on dealing with anxiety and stress
• Take breaks from listening to, reading, or watching news stories and social media. Hearing about the pandemic repeatedly can be upsetting.
• Take care of your body. Take deep breaths, stretch, or meditate.
• Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
• Make time to unwind. Try to do indoor or solitary activities that you enjoy.
• Connect with others via social media.
• Talk with people you trust about your concerns and how you are feeling.
• Call your health care provider if stress gets in the way of your daily activities for several days in a row.