LONELINESS & ISOLATION DURING COVID-19

The construction industry is built on relationships.

It requires us to work as a team.

With COVID-19, those relationships are turned on their head. You ‘social distance’ from co-workers, or only see them on a computer screen – same thing with family and friends.

It’s hard to have meaningful connections from a distance and you may be feeling loneliness and isolated.

Here are some tips to help cope with these feelings:

**STAY ACTIVE**

Your mind and body are connected. When we take care of our physical health, we increase our capacity to take care of our mental health and vice versa.

Go on a hike, take your dog on a walk, ride your bike in the park. Moving your body and getting outside will help clear your head.

**CONNECT OUTSIDE THE BOX**

Unique situations require unique responses. Find different ways to staying connected with friends and family. Send hand written letters, decorate your windows for neighborhood kids, or use FaceTime to have family dinners with grandparents & game night with old friends.
**FIND BALANCE**

While it’s important to keep your mind and body active, it’s also important to recognize when you need time to recharge. The stress and isolation can be mentally and physically exhausting. Take time for yourself to relax and do things you enjoy.

**CREATE PLANS**

It may feel like the pandemic will last forever. Instead of focusing on current struggles and loneliness, try planning for the future. By making plans you give yourself something to look forward to.

What can you do now to prepare for future vacations, projects, and connections with others?

**SHOW COMPASSION (TO YOURSELF & OTHERS)**

Ignoring your feelings will not help them go away. One way you can regain control is by accepting where you are and remind yourself that feelings come and go.

Reaching out to support someone else who is struggling can also help relieve your own feelings of loneliness.

Practicing physical distancing is important to slow down the spread of the disease, but you don’t need to be socially distant from your loved ones.

Stay connected with loved ones and share how you feel. You may be surprised to find that they feel that way too.

That can make the difference between feeling isolated or lonely and feeling like you’re back with your team.

For more ways to connect, go to TellMeHowSTL.com