

# THE WELLNESS WATCH

## Coordinated School Health Team

*Whole School, Whole Community, Whole Child*



April 2020

## Coping with Social Distancing

### What is it?

**Social Distancing.** A way to keep people from interacting closely or frequently enough to spread an infectious disease.

**Quarantine.** Separates and restricts the movement of people who have been exposed to a contagious disease to see if they become sick. It lasts long enough to ensure the person has not contracted an infectious disease.

**Isolation.** Prevents the spread of an infectious disease by separating people who are sick from those who are not. It lasts as long as the disease is contagious.

### **Tips to Support Yourself**

- **Understand the risk.** Read or view credible sources.
  - <http://www.cdc.gov> (Centers for Disease Control)
  - <http://www.who.int/en> (World Health Organization)
  - Avoid watching or listening to news 24/7
- **Connect with others.** Use phone, email, text, social media, face-face-Skype, FaceTime
- **Practical ways to cope and relax**
  - Pace yourself between stressful or difficult tasks
  - Do something fun between tasks
  - Relax your body and mind-deep breathing, yoga, meditate, stretch
  - Talk with trusted friends or adults about your feelings or consider keeping a journal
  - Choose healthful, nutrient-rich foods
  - Exercise-take a walk, ride your bike, rake the yard, etc.

### Typical Reactions

#### ***Anxiety, worry, or fear related to:***

- Your own health & health of your friends/family
- Securing things you need-groceries and personal care items
- Uncertainty or frustration about how long you will need to remain in this situation
- Loneliness associated with feeling cut off from the world and from loved ones
- Anger if you think you were exposed to the disease because of others' negligence
- Boredom and frustration
- Symptoms of depression, such as feelings of hopelessness, changes in appetite, or sleeping

To read the article in its entirety, go to:

<https://www.samhsa.gov/sites/default/files/tips-social-distancing-quarantine-isolation-031620.pdf>

SAMHSA: Substance Abuse and Mental Health Services Administration