



#1- SET UP YOUR VIRTUAL SOCIAL NETWORK

Communication is key and staying connected with family and friends is important! Be sure to check with through phone calls and video chats.

#2- FIND NEW WAYS TO COMMUNICATE WITH LOVED ONES

Birthday parties and other social events may not be on the to-do list right now but that doesn't mean that loved ones are out of reach when it comes to dropping quick cards or notes in the mail to say congratulations, best wishes, or even a simple hello.

Post special notes or pictures in your windows for passersby to see. This is also a great way to show support for frontline health care workers.

#3- KEEP A HEALTHY ROUTINE

If you had a physical routine prior to the pandemic, experts say it's essential to find ways to continue it at home. Walks in the morning, biking and jogging are just some ways to stay active. The National Center on Physical Activity and Disability (<http://www.ncpad.org/>) has information and resources for how older adults can stay active, regardless of mobility.

Lots of morning shows have quick exercise routines. Try to jot down a few moves you want to start doing on a daily or every other day basis.

#4- TAKE MEDIA BREAKS

During stressful times like today, watching lots of news can make anxiety worse. Experts say it's important to limit how much you watch concerning coverage to just one period in the day, and to consider taking frequent breaks from conversations about the news, too.

In times of crisis, scammers prey on people's fears. The more exposure people have to negative news, the more likely they are to fall prey to charity, testing and treatment scams. Instead of watching the news, mental health experts encourage finding other ways to structure the day, including Exercise, mindfulness, reading a book, reaching out to connections, learning a new healthy recipe, being creative through art, journaling or photography (<https://multco.us/novel-coronavirus-covid-19/news/coping-anxiety-during-covid-19>)

#5 START NEW TRADITIONS

Mark a certain day of the week or certain weekly event as a new opportunity to start a new tradition. This could be pancakes every Saturday morning or even making more of an effort to watch a sports event on television while video chatting or having a phone call with a fellow sports enthusiast.

#6 TRY NEW RECIPES

Look in your cupboard for ingredients to base a new recipe on or take out an old cookbook and try a new recipe you haven't made yet. Share recipes through text or email with family and friends when you find a new one worth sharing.