

# COPING WITH FEELINGS OF LONELINESS WHILE 'SOCIAL DISTANCING'

While we are going through this shared experience, we may be feeling lonely, unsettled, or bored. Feelings of loneliness can have a significant impact on your mental health. To reduce feelings of loneliness and enhance our feelings of connectedness to one another, here are some tips:

## Things you can do to connect:

- Text, call, or FaceTime friends and family
  - Talking on the phone & via FaceTime is best! 😊
- Schedule times to virtually study, cook, eat, work out, or hang out together
  - Disclaimer: This may be both awkward and fun
- Watch a new show or movie at the same time as someone else
  - Share reactions while you are watching together from a far!
- Create and share at-home goals with a friend or family member and keep each other accountable

## Things you can think to cope:

- You are not alone! We are going through this shared experience together
- By socially distancing, we are protecting vulnerable populations from becoming ill and slowing the spread of the disease

**Call the Moorpark College Student Health Center** at (805) 378-1413 if you need additional counseling support or **Text HOME to 741741** to be connected to a trained crisis counselor for free, confidential support 24/7