

Corona Overload

What **NOT** to do in quarantine

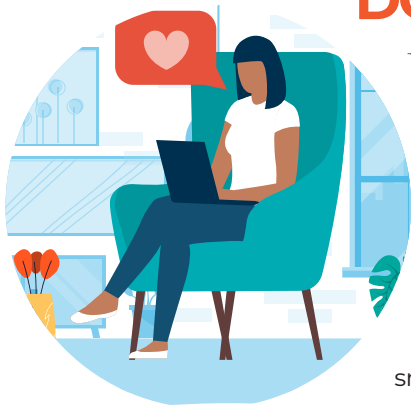
*There's so much info around the coronavirus and quarantine right now. You've likely seen a ton of articles on what you should be doing, how you should be coping, and more. But what should you **NOT** be doing?*

DON'T go out or travel.



Let's start with the obvious. There's a reason we're all in quarantine. Staying home and avoiding non-essential trips out helps flatten the curve and slow the spread of the disease. That means don't visit your friends, don't take a trip, and don't go out to Target to browse. Feeling cooped up? Go for a walk (keeping your distance from anyone else). Video chat with a friend. Check out a local shop online. It won't be long before we're able to go on vacation or out to dinner – we can wait until then!

DON'T lose contact with those you love.



Social distancing doesn't mean total isolation. The technology we have access to allows us to keep in touch even from a distance. Texting, video calls, and even phone calls can help you feel close to those you love, which will help you and them. Bonus points: sending a letter or a small gift will make a friend's day – and yours!

DON'T lose your routine.



When you're home 24/7, it's tempting to let routine tasks slide. However, that will just make you feel listless and unproductive.

If you're working from home, following a workday routine can help keep you on track. Wake up at a normal hour, giving yourself time to get dressed and get your caffeine before you log on. Make sure you're still taking a lunch break.

And log off when the day is done to help separate work time and downtime.

Got kids at home? Try to line up their school schedule with your work schedule. Having a set work time for you both helps cut down on distractions.

Schedule lunch breaks together for added bonding.



DON'T ignore your feelings.



We're all going through a difficult time, and everyone handles stress differently. If you're feeling anxious or depressed, that's normal. Don't dismiss it. Here are some ways to cope with stress:

- **Need someone to talk to?** Reach out to your company's [Employee Assistance Program](#) or the Disaster Distress Helpline (call 800-985-5990 or text TalkWithUs to 66746).
- **Take breaks from the news.** Constant news updates can be overwhelming. It's okay to press pause and take your mind off things.
- **Take care of your body.** Make sure you're still getting enough sleep. Balance the takeout delivery with some healthy homecooked meals. Get regular exercise, whether that's taking a walk, stretching, or doing a home workout.

DON'T forget to take care of yourself.



When you're juggling work, kids, and day-to-day life all from home, it's easy to forget one thing: you. But you matter! Taking care of yourself during this time is just as important as everything else. Here are some ways you can practice self-care to get through this:

- **Take some "me time."** Make sure you're allowing yourself time to do things you enjoy. Whether it's reading, watching TV, taking a bath or crafting, set aside a few minutes each day to do something solely for yourself.
- **Don't pressure yourself to be productive.** There's a lot of pressure on social media to be productive during the pandemic, but it's okay if you can't bring yourself to start a new workout plan, learn a language, or start a side hustle right now. Getting through this hard time IS productive, and you're doing a great job! It's okay to spend your off time watching TV or playing with your kids. You don't have to leave this quarantine proving anything to anyone.



One last thing: **DON'T** forget – we're all in this together!

Content by Lockton Dunning Benefits with info from <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>