



Mental Wellness Tips for Socially Isolated Adults

Feeling anxious?

- **Find an information balance:** You may be too focused on trying to absorb all of the information about the current state of emergency. Try going to certain reputable sites, such as government websites, once a day to see whether the recommendations have changed, but not spending your whole day online looking at every possible site.
- **Focus on solving problems one at a time:**
 - Step one is identifying the problem
 - Step two is brainstorming possible solutions
 - Step three is evaluating the solutions by looking at the potential costs and benefits
 - Step four is choosing and implementing the best solution; and
 - Step five is evaluating how it went
- **Try to think about problems as challenges to be solved,** not unsolvable events over which you have no control. Reach out to people who have helped in the past, the people who care about you are eager to help.
- **Know that this situation is temporary:** accept some level of anxiety right now, knowing that it is temporary. It's sometimes much easier to deal with anxiety that's shared, we're all going through this situation together, and we should make use of available social support.

Feeling Down or Depressed?

- **Reach Out:** Social contact, even over the phone, can lift your spirits and expand your internal world. Give the gift of your presence!
- **Make A List:** All of the things that you have been putting off until you “have more time” or “feel like doing it”, consider that your lack of motivation or desire is a symptom of depression, focus on activities that you once enjoyed
- **Keep Active:** The less we do the more depressed we become, the more depressed we are the less we do. It is difficult to feel depressed if you are engaging in activities that bring you a sense of pleasure and or accomplishment
- **Continue Your Routine:** changes in sleep patterns and self care can impact our mood in significant ways, keep your sleep, meal, and hygiene routines the same even if your other activities outside of the home are disrupted.



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Resources for Socially Isolated Adults

For Important Updates:

<https://www.lanecountyor.gov/coronavirus>

National Suicide Prevention Lifeline/Veterans Crisis Line

1-800-273-8255 (voice) 838255 (text)

www.suicidepreventionlifeline.org

White Bird Crisis Line

541-687-4000 or 1-800-422-7558

The Friendship Line (24-Hour Hotline/Warmline)

1-800-971-0016

The Aging & Disability Resource

Connection (ADRC)

1-855-673-2372

Alzheimer's Association Helpline

1-800-272-3900

Meals on Wheels

1-800-441-4038



Partnerships to Improve Behavioral Health for
Older Adults and People with Disabilities