

Coping with Loneliness in Quarantine

When quarantine started I was sad and worried because it's hard for me to reach out to friends and I have always coped by going to my favourite cafe to see my friends there.

Quarantine forced me to change how I interact with people and maintain my friendships. Here are some ways I did that and other ways I took care of myself in quarantine.



Spending Time in Nature



Art and Music



Playing fiddle
for my
neighbor's
birthday!

Community
while
physically
distancing



Virtual Cafe

To make up for not being able to go to cafes, I came up with the idea of a virtual cafe where people can spend time together in the same way. I planned for this to be a regular thing. Unfortunately, it didn't take off on my first try, but I'm collaborating on a new one that's more organized.



Hope for the Future

I've changed a lot during this time through therapy and lots of self reflection. It's been really hard sometimes, but I think my perspectives have changed in positive ways.

I'm looking forward to winter being over and case numbers going down. In the meantime I will try to continue using these strategies.

I hope you're doing well and that these strategies can help you too. I hope things get better for everyone soon.



