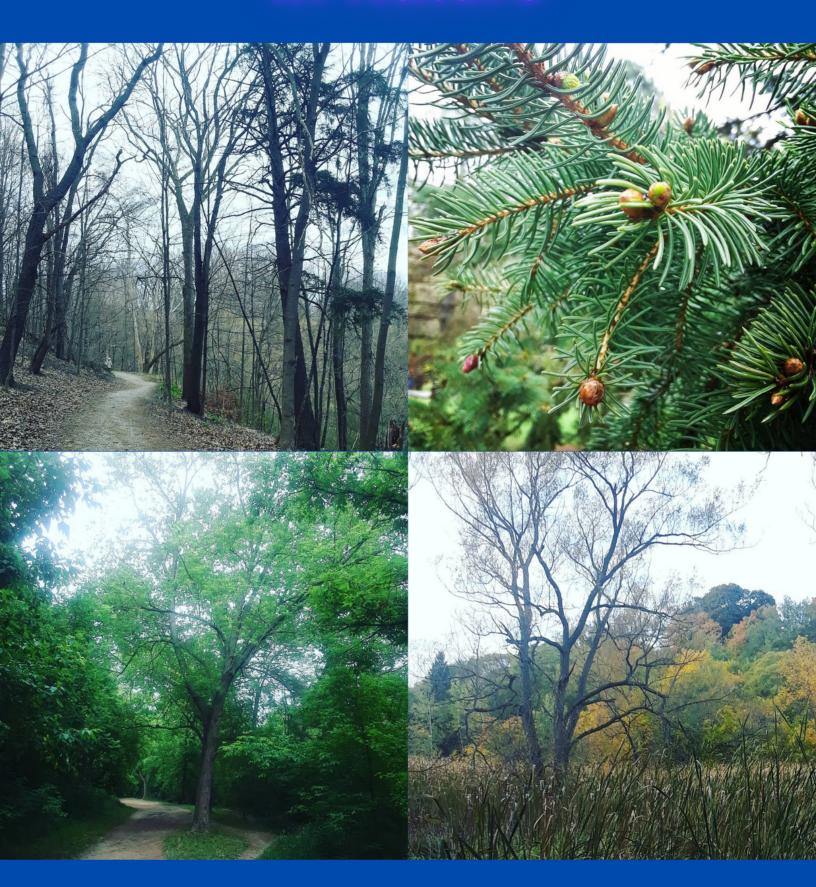
# Coping with Loneliness in Quarantine

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**



Community while physically distancing

Playing fiddle for my neighbor's birthday!



#### 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.

