**My plan**

**Breaking modern loneliness:**

**mental health during COVID-19**

We’ve never experienced anything quite like the spread of COVID-19 in our lifetimes. These are strange and sometimes difficult times. You might be feeling confused, anxious, or scared. You might even be bored and not sure what to do with yourself now that your everyday routines have been disrupted. Many of us are being told not to go to work or school while others of us have even lost our jobs as a result of the current situation.

*Breaking modern loneliness: mental health during COVID-19* is here to help you think about and manage these negative effects while also becoming a resource for those around you who may be feeling sad or lonely. See below to get started:

HOW ARE YOU?

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| Checklist | How are you feeling right now? |

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| --- | --- |
| Checklist | What do you think is contributing most to how you’re feeling? |

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| Checklist | Which friends or family can you reach out to for an honest and open dialogue about how you’re feeling? |

**Check this out:** If you would like to reach out to someone who is not a friend or family member, please reach out for support:

* Text "BRAVE" to 741-741 to contact the Crisis Texts Line.
* Call the National Suicide Prevention Lifeline at 1-800-273-TALK.
* Call 310-855-4673 or Text "TEEN" to 839863 for TeenLine.

An additional list of resources is below. It’s so important to share what you’re going through right now, and there are people who will listen.

TAKING CARE OF YOU

Things like exercise (even for short times), safe time outdoors, meditation and creative efforts can have a huge impact on how you feel.

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| Checklist | What is bringing happiness to your life right now? |

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| Checklist | Sharing joy is vital. Would you like to share your answer with people you know? Who would that be? |

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| --- | --- |
| Checklist | What goals would you like to set for yourself during social distancing? |

TAKING CARE OF THOSE AROUND YOU

We are all in this together. Things may be more challenging than usual, but now more than ever we need to connect and communicate with our communities, help our friends and family if they are struggling, and take care of ourselves.

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| Checklist | Who in your life do you think might need some extra support right now, and how are you reaching out to them? |

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| Checklist | Is there anything you can do to generally help support your community right now? |

TAKE ACTION NOW

Hold yourself accountable for the goals you’ve set to take care of yourself and those around you:

* Give this plan to someone you trust, a friend or family member, and ask them to give it back to you at a future date.
* Or fold up this worksheet, and put a date on it to remind yourself to check your answers later.

ONLINE RESOURCES THAT REALLY HELP

* Share a positive message – mybluethoughts.world (ages 16+)
* Write a note to yourself in the future – futureme.org
* Listen to music that makes you happy – spotify.com
* Share an act of kindness – twitter.com
* Meditate – insighttimer.com