

Resource: [10 Mental Health Tips for Coronavirus Social Distancing](#)

Source: Mass General & Partners in Health; Dr. Giuseppe Raviola

Key Points:

- Coping strategies include
 1. Maintaining connections despite social distancing
 2. Establishing routines
 3. Exercising
 4. Learning and intellectual engagement
 5. Positive family time
 6. Focused meditation and relaxation
 7. Limiting exposure to internet/TV news
 8. Maintaining a sense of humor and avoid catastrophizing
 9. Positive self-talk
 - 10.** Living in the moment rather than projecting future worries