

# COPING WITH ISOLATION DURING THE COVID-19 PANDEMIC

## 1 KEEPING IN TOUCH WITH FRIENDS

Staying in touch with friends and family is important for your mental health. Why not 'go out' for dinner by cooking the same recipe as your friends and eat together over video call, or create a virtual book club and discuss your favorite books with each other. Here are more easy ways to stay in touch:

[5 Ways to stay connected](#)  
[How to stay in touch with your friends](#)

## 2 VIRTUAL EVENTS

Just because we cannot leave the house does not mean we need to miss out on exciting events. There are many virtual events and experiences happening online that you can attend:

[Melbourne Zoo- Animals at Home](#)  
[National Gallery of Victoria Virtual Tour](#)  
[Melbourne Museum at Home](#)  
[Airbnb online experiences](#)  
[Eventbrite online events](#)

## 3 STAYING ACTIVE

A great way to protect your mental health during isolation is to keep active. Going for a walk around the block or doing some at-home exercises will improve your mental health and help you feel energised and refreshed.

[How exercise can help during COVID-19](#)  
[Staying active during COVID-19](#)

## 4 MAINTAINING ROUTINE

Keeping up with a daily routine decreases stress and fills your day with more purpose. Below are some resources with great ideas on how to set new routines and how to adapt to them:

[COVID-19 routines and rituals](#)  
[Set a routine and try to stick to it](#)  
[Adapting to our new routine](#)



## 5 ADDITIONAL RESOURCES

[Self-care during COVID-19](#)  
[Mental health and working from home](#)  
[Staying happy and healthy during COVID-19](#)



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[CWGPCP COVID-19 Resources](#)