

Connection in a Time of Isolation

I have been feeling more than a bit ungrounded and lonely..... Being forced to stay home and away from other people seems so wrong. Yet, here we are – in this together – feeling our way towards a “new normal.”

What I can share is that connection is the key to surviving and thriving in these time. Here are 5 simple steps you might want to apply this week and see how they work for you. I am doing all of these, and they are helping! Sending love and health to all who are reading this.

1. Slow Down and Stay Centered

When you focus on simple activities you are performing on a regular basis, such as washing your hands, you can link that activity to being a reminder to breathe and feel. Now each time you perform this important and now mandatory activity you are practicing mindfulness and grounding yourself in the present moment.

2. Connect with Yourself.

Sit down in a comfortable and uplifting spot, and take some deep breaths. Relax and allow yourself to appreciate being alive. Feel the ground beneath you, and the space around you. Pretend you are breathing from your heart area, and calm yourself with each breath.

3. Connect with Others.

Create some WhatsApp groups.

Some group ideas are family members; close friends; or people who share your passions and interests. Exchange ideas and caring concern via this interactive format.

4. Challenge Yourself.

At least once a day, set aside time to do something creative. Write a poem or practice a musical instrument. Find joy in new found creativity.

5. Have fun together

Share life via Zoom chats.

Get creative – meet for morning coffee or afternoon relaxation. bring a favorite beverage, share your concerns and share solutions. Together we can have some fun... You can even watch a movie together this way!