During these unprecedented times, we face the challenge of maintaining physical distance from one another, all the while needing our friends, mentors and others more than ever. After all, the human desire for connection is hardwired into the brain. We crave it, and we need it to stay mentally healthy. This challenge is a daunting one, however we have more tools at our disposal to stay connected than ever before.

Here are a few helpful hints to keep in mind.

1. Set a new normal. New routines. As humans we thrive on a routine. Stress by its very definition is “anything that requires an adjustment”. Set new patterns and adhere to them.

2. Use the tools available to stay connected. Facetime, Zoom, Instagram are just some of the many resources available to stay connected with friends and others important in your life.

3. Give back and practice random acts of kindness. In any disaster scenario, giving back, contribution to others in even very small ways can help one feel complete.

4. Take breaks from the news and avoid catastrophic back and forth with friends, family, others. Being informed is important, however, think of news and information in terms of a balanced diet. We all need good news to balance out the bleak news. Relief from the continuous coverage is vital to build into your day.

These are just a few of the multiple strategies one can use to help rise above fear and find COASTAL CAROLINA COUNSELING SERVICES

How to Stay Connected While Socially Distancing

By Sean Pierce, CCU Counselor

Contact Counseling Services for your Tele Mental Health needs (843) 349-2305