

## Tips to Survive Quarantine

Pinehurst Medical Clinic understands that being quarantined can be distressing. PMC's Wellness Team offers the following tips to survive quarantine:

- 1. Breathe!**  
Even though there is not an exact end in sight, being quarantined is temporary in the grand scheme.
- 2. Limit news and social media watching.**  
The news is repetitive and social media news isn't always accurate. Our brains need a break from information that produces anxiety or stress. Try it and observe how different you feel once you have a break.
- 3. Call friends and family.**  
Talk to loved ones about something other than current events. Technology is a great way to stay connected; Facetime or video chats.
  - a. There is a resource: **HOPE LINE:** Trained staff and volunteers with North Carolina Baptist Aging Ministry offer a friendly voice and a compassionate ear to those suffering from social isolation and loneliness. **Call 866-578-4673** between 9 a.m. and 9 p.m. Monday through Friday.
- 4. Reach out to others in the community.**  
Call your church or other groups you may be a part of and ask for a list of people to call and check on. Maybe there's someone that can't get out, can't afford grocery delivery that you could help with their access to groceries.
- 5. Walk outside.**  
Even if you are unable to walk outside, open a window or step outside the door to enjoy some fresh air.
- 6. Stay Active.**  
If you're able and have access to it, there are a number of exercise, yoga, or other physical movement videos on YouTube. A couple of good examples are:
  - a. <https://www.youtube.com/playlist?list=PLmk21KJuZUM4HTrJ7hrJ8yxhToKkJT8a8>
  - b. Walk at Home by Leslie Sansone:  
<https://www.youtube.com/channel/UCV16ZdslZz2Zj-34bMJFPbg>
- 7. Stay Positive.**  
Keep your mind active in positive ways by reading, listening to music, developing a hobby or rekindle an old one.
- 8. Remember to stay hydrated and eat properly.**
- 9. Keep your same schedule, as well as, sleep/wake cycle.**  
If you typically work outside the home but now are working from home, do your best to keep your same schedule- groom and dress as if you were going into work. Make a schedule for yourself if you are working from home with set breaks and lunch as needed.