



# THE EFFECTS OF ISOLATION

DO YOU REACH FOR A DRINK WHEN YOU FEEL ISOLATED?



## How does isolation leave us feeling?

Those of us who struggle with our mental health during isolation can often become our own worst enemies, as some of us resort to substance misuse to cope. In the challenges of the mundane day-to-day we battle with perspective vs reality. We have to aim to build resilience through adopting healthy habits to break negative addictions.

### Get Help:

[mind.co.uk](http://mind.co.uk)

Samaritans: 116 123

Help Me Stop: 0208 191 8920

[anxiety.co.org.uk](http://anxiety.co.org.uk)

[thecalmzone.net](http://thecalmzone.net)

[menshealthforum.org.uk/beatstress.uk](http://menshealthforum.org.uk/beatstress.uk)

[nopanic.org.uk](http://nopanic.org.uk)

## WAYS TO DISTRACT & OCCUPY YOURSELF

### Discover your passions:

- 💧 Art therapy: painting, sketching, sculpturing, colouring, photography & film-making.
- 💧 Writing: short stories, poetry, music and screenplays.
- 💧 Mindfulness and meditation.
- 💧 Cooking new healthy recipes.
- 💧 Home grown allotment.
- 💧 Non-alcoholic alternatives.
- 💧 Video chats with friends & family to help loneliness such as zoom.
- 💧 Interactive online gaming with friends & family.
- 💧 Self-care: cleaning, create a peaceful environment.
- 💧 Home decorating and DIY.