



Coping with Isolating During COVID-19

Post-secondary students

Being a case or close contact can be stressful

It's normal for people told to stay home to experience a wide range of emotions, such as:

- Stress around being away from others, isolating in a shared house, getting food and other supplies, being monitored by public health, or missing classes.
- Guilt that you may have exposed others to the virus.
- Fear that your housemates, friends, or family will be angry with you or afraid of catching the virus from you.
- Worry about your own health and the health of your loved ones.

Strategies to cope while you must stay home



Focus on the big picture

You are making a difference by staying home. Public Health and others are grateful for your effort to keep the community safe by limiting the spread of COVID-19.



Find solutions

Identify the stressors you can control and find solutions. For example, visit [covid-benefits.alpha.canada.ca/en/start](https://www.covid-benefits.alpha.canada.ca/en/start) to learn about financial support for isolating. Reach out virtually to your friends, classmates, family, or neighbours.



Make a daily plan

Structure your day with a healthy routine that includes getting enough sleep, eating nutritious food, being active (see [kflaph.ca/HealthyEating](https://www.kflaph.ca/HealthyEating)), staying connected virtually with family and friends, and getting outside on your porch, balcony, or in your yard. Limit consumption of alcohol, tobacco, cannabis, or other drugs.



Practice compassion

This is a stressful experience. It's normal to have a wide range of feelings. Try to focus your anger on the virus not people. It's invisible and spreads easily.



Manage difficult emotions and thoughts

Connect virtually with friends and family for emotional support. Try not to get stuck in unhelpful thoughts like predicting that things will turn out badly, assuming what others think or feel, or replaying the past.

Reach out for help

Help is available if you are experiencing distress during or after the isolation period.

Good2Talk

1-866-925-5454 or text GOOD2TALKON to 686868

Queens University Student Wellness

<https://www.queensu.ca/studentwellness/mental-health>

St. Lawrence College Wellness Services and Resources

<https://www.stlawrencecollege.ca/services/student-wellness-and-accessibility/wellness-services-and-resources>

Maltby Centre

613-546-8535 or 1-844-855-8340

AMHS 24/7 Crisis Line

Kingston & Frontenac 613-544-4229 /1-866-616-6005

Lennox & Addington (L&A) 613-354-7388 /1-800-267-7877