



**Compass**  
Community Services

## Tips for dealing with feelings of isolation

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We have found ourselves in another year of the COVID-19 pandemic (anyone else tired of that word yet?). For some of us, this may mean we are struggling with feeling isolated. Here are some of the tips and reminders that I have found helpful for my mental health when I am feeling isolated.

1. **Do one thing that will lift your mood**

You know yourself best. What brings a smile to your face or makes you feel warm and calm? It can be taking a shower or watching a film/show. For me this looks like bringing comfort wherever I go, including the office. Notice what keeps you connected and what brings you joy.

2. **Allow yourself to feel your emotions**

Everyone has their own unique responses to these changing times. Our uniqueness is beautiful. Find ways to express how you are feeling. This could be as simple as taking a deep breath or writing it out. Maybe it's about taking a moment to check in with yourself and see what would feel affirming for you to hear, say, or be reminded of.

3. **Lean into community**

You are loved and deserve to feel supported. If you are feeling alone, heavy or full, know that it is normal. As humans, we need support at different times. Who are the people in your life who make you feel heard and seen? What is it about what they do or say that make you feel supported? Please do not hesitate to visit Compass' website to learn about the various services and resources we have for you to access.

Thank you for being here, even when it's tough.

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