

Find simple ways to deal with loneliness and isolation.

1. **Pray. Light a candle, if safe, and pray for hope, faith and strength to keep loving and caring for each other during this time of struggle.**
2. **Talk about how you feel.** This may be difficult if you are self-isolating, but do use the telephone, internet, and social media. If you need to contact a counsellor this can be arranged by your GP, or via local agencies, or privately. The [Samaritans are there](#) 24 hours a day, every day, and it's free to call them on 116 123.
3. **Focus on the things that you can change, not on the things you can't.**
4. **Look after yourself - physically, emotionally, spiritually.** Plan in things that you enjoy at regular intervals during the day – a TV programme, a phone call, a book, a favourite dish, a game.
5. **Look after others. Even if only in small ways, but do what you can:** a smile, a kind word, writing a letter or an email.



## [Download a PDF of these top tips](#)

[A 2-page PDF designed to be printed is available](#)

Read our 13 daily reflections supporting positive mental health

[Read our reflections](#)

## Further reading

- [NHS self-isolation advice](#)
- [NHS loneliness advice](#)
- [Public Health Matters information on the importance of self-isolation](#)
- [Mind loneliness advice](#)
- [Samaritans website](#)

