



The State of Wyoming has asked us to participate in self-isolation and to participate in social distancing to help during the COVID-19 pandemic. Isolation can make you feel alone and sad, but it doesn't have to be that way. Try out some of these suggestions to make the most of your time during social distancing.

- Reach out to your family and friends. Even though your interaction might not be in person, a simple telephone call can help maintain human interaction. You could always use FaceTime and see each other on the screen as well.
- Read a book or a magazine. Don't forget our library offers online services and curbside checkout to patrons. Visit www.ccpls.org or call 682-3223 for more information.
- Play a board game or a game of cards or do a puzzle.
- Find a new podcast. There is an excellent variety of podcasts online dealing with a wide range of topics.
- When the weather gets nicer, go for a walk, ride a bicycle, or work in your yard. Some fresh air won't harm you.
- Arts and crafts. We all know we have purchased a kit or had an idea at one time to do; now is the perfect time to get it done.
- Have a movie day or binge watch that series you have wanted to watch.
- Remember your pets. They will help make you not feel so alone.
- Exercise. During this time, there are quite a few workout gyms streaming classes for free.
- Try to maintain a routine. Wake up and go to bed at reasonable times to ensure you are getting enough sleep. Eat your meals around the same time of the day.
- Limit your news intake. The constant 24/7 coverage of COVID-19 can impact your mental health. Opt-out of Social Media or limit your screen time during the day.
- Participate in a virtual tour or field trip online and enjoy it. There are many museums, zoos, aquariums, and historical sites that are offering virtual tours and field trips for free.