

Well-Being in Isolation

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This webinar will focus on things you can do to boost well-being during the COVID-19 pandemic and social distancing. Sometimes, social distancing can cause feelings of loneliness that may disrupt routines. The webinar provides suggestions of activities that can be done at home which can help people feel better when having to stay home.

KEY TAKEAWAYS

- The pandemic has lasted longer than we thought it would.
- Social distancing keeps people healthy, but can increase feelings of loneliness.
- Feeling lonely can make it hard to follow routines.
- Engaging in activities like connecting to others or taking care of things at home can help boost well-being.

[More COVID-19 Well-Being Tips](#)

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