



to watch them, or peers to know what's going on. So they're not getting good, accurate social feedback.

## Ways to help and telehealth

**4:04**

So there's a variety of ways for people to get help. If they're, you know, struggling with recovery or trying to decide maybe if maybe I have a problem do I, do I want to do something about this? Right now is a very good time to sort of step into what we call telehealth or telemedicine. It's a way to make a contact with a health care provider without having to leave your home and go sit in an office. There are a variety of telehealth providers, tele-mental health counseling and telemedicine office visits that are available online. So I always recommend to people first to check through your insurance provider and see if one is preferred or covered. And then to from there, start looking at reviews of different service providers online. You can easily connect. You can make connections with health care providers, and they can do things ranging from assessment and diagnosis. To maybe they say, you know, it might be beneficial if we talk a couple times a week. So that's certainly something that where people can stay connected and stay connected with a healthcare provider. On the opposite end of the spectrum, there are a variety of online communities. There's actually, I don't know the exact number, but I would venture, probably a couple dozen different ones that are large and expansive and have a national presence. Each one has something that makes it kind of special and unique. So if you get into an online community, and you maybe you're not feeling it, you just don't like the way that people are talking with or the way that they're interpreting something. There's another one; there's another option to go to. So that's certainly something if you did a quick Google search, you'd probably come up with at least a dozen different ones that you could look at.

## Staying connected to family and friends

**5:54**

So I think friends and family members are great sources of support. One of the things that we're all experiencing right now is this limited social contact and that takes a toll on us. So for people who are in recovery, it could be taking an active step, picking up the phone. You know, calling a family or a friend member just to make contact; check in: how are you doing? What's going on? At the same time, that friend or that family member could reach out to that person who's also in recovery, and do the same thing. One of those things where we maintain stronger social connections now. In meeting our goals, and for a person in recovery, it's continuing that recovery, and having a really good life. People don't like to be disconnected from each other, but it's especially disruptive whenever you're in recovery because we've made connections such a strong part of the identity process. So I would always say pick up that phone. Call. You know, just reach out to to check in with people. Doesn't have to be really long conversations, but staying connected matters. And you could also do that through text messaging or social media. There's not one right way and often probably people will get some kind of combination of factors for them that feels right.

Being mindful of you own actions

that's usually how we relax too. So it's important to get up, move around, try to engage in a balance of activities, and then feed yourself nutritiously as best as you can throughout the day. And then like I mentioned earlier, if you feel like something is out of order, something's not right. Consider using telehealth resources to contact a health care provider.