

## How Can We Best Practice Social Distancing?

In these stressful and uncertain times of social distancing and confinement, you and members of your family may well be experiencing increased levels of boredom and/or anxiety. In order to help to reduce some of what we are all feeling, there are expert resources available. [Please click here to access some resources and activities to help manage life during the current circumstance and help to reduce "cabin fever".](#)