



Helping You Cope with COVID-19 Social Distancing

Here are some tips and strategies to help manage your mental health during this challenging time.



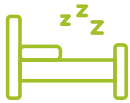
Set a Schedule

Get up, get dressed, and stick to a normal routine. Make a daily schedule that includes activities similar to your normal schedule: schoolwork, sports, friends, meals, and family time.



Use Your Body

Get some exercise! Aim for 20-30 minutes of physical activity every day. Ideas: go for a run/walk/hike; go to a gym if open; use a free workout app or YouTube videos for at-home workouts.



Normal Sleep

While it's tempting to stay up late and sleep in, disruptions to normal sleep cycles can cause depression and anxiety. Try to go to bed no more than 1 hour later than normal and wake up no more than 1 hour later than normal.



Use Your Mind

Find ways to keep your mind active every day. Ideas: jigsaw puzzles; sudoku or word games; read a book.



Be the Good

Mr. Rogers said "Look for the helpers." Research shows that doing nice things for other people helps us feel more optimistic, grateful, and connected. What can you do to be helpful during this time?



Manage Anxiety

The news can feel overwhelming and the situation is changing quickly. Manage your own and others' anxiety by only trusting information from reliable sources (state health departments or CDC) and avoid spreading panic-inducing memes or false information.



Socially Engage

Find ways to meaningfully engage with friends through text or FaceTime. Reach out and check in on people. Ideas: virtual movie marathon; online games; or study sessions. If your current recommendations allow, consider 1-on-1 outings such as hikes or cookie baking sessions.



Silver Lining

Many of us are facing disappointments this spring – lost sports seasons, school events, etc. But there is almost always something positive in any difficult situation. What is your silver lining? Ideas: keep a gratitude journal of 3 things you're grateful for every day; find time for the hobby/skill/activity you've always wanted to try; try to see how your situation is perhaps better than someone else's.