



Self-Care During Social Distancing

Physical isolation does not mean emotional isolation. It is important for your mental health that you maintain relationships with friends and family during this time. Call, text, facetime, snap, or DM people you know in real life. Check in. Send memes. If you spend this time focusing ONLY on the news or celebrities, your coping strategies will diminish.

Continue to maintain your personal hygiene and bedtime. It is easy to lay in bed all day when you don't have plans to go outside, but maintaining hygiene and a sleep schedule are two of the very best things you can do to maintain a sense of normalcy. Plan to wake up at a reasonable time, brush your teeth, take a shower, and comb your hair.

Do something other than play video games or scroll through your Instagram feed.

Can't think of an activity? Find one below.

Awake

Tired

Stressed

Learn a new dance (TikTok, anyone?)
Sweep/Vacuum your home
Work out (push-up, sit-up, squat, plank, jumping jacks, lunges)
Wash and fold the laundry
Download a meditation app like Breathe or Headspace

Make art (color, draw, write, make music)
Drink cold water and notice how it feels going down
Pull weeds from the grass/garden
Cook something familiar
Watch your favorite movie or show

Calm

Play cards or games
Read books (ebooks and audiobooks count!)
Organize your backpack or closet
Make a new music playlist
Research a college or career you are interested in

Take a nap
Sit on your porch to get some sunshine
Listen to audiobooks or podcasts
Talk to somebody (call, text, FaceTime, SnapChat, DM)
Do a puzzle
Stretch or do yoga

Reach out if you need to talk to somebody.

- ★ Call the National Suicide Prevention Lifeline (800-273-8255)
- ★ Text "HOME" to the Crisis Text Line (741741)
- ★ Text/Call/Video Chat family member, friend, or trusted adult