

HOW TO BE YOUR BEST SELF DURING QUARANTINE

We know that this time can be difficult. Uncertainty and anxiety may be at an all-time high and you can't physically be around your friends. It's OK to feel a range of emotions. We're all trying to figure this out together. Your school counselors want to remind you that we're here for you! We've put together just a few resources for your physical and mental health. Use this time to try a few ideas and see what works for you.

Beating Boredom:

- 1) Set and follow a daily schedule
- 2) Make time for self-care and personal hygiene
- 3) Facetime with friends
- 4) Reach out to a trusted adult when feeling low
- 5) Get outside
- 6) YouTube a workout video to exercise at home
- 7) Learn to cook a new meal
- 8) Learn a new hobby
- 9) Set a nighttime routine that promotes good sleep
- 10) Be creative! Try something you have always wanted to!

Organizing Your Academics:

- 1) Find a place to work with the least distractions possible.
- 2) Set and follow a daily schedule. Treat this like a school day.
- 3) Check Google Classrooms and email to stay up to date with assignments and announcements.
- 4) Judge the length of your work day by what you need to accomplish. **Consistent engagement** will help keep you on track!
- 5) Allow for breaks in your schedule! Set-up small rewards when you get through school work.
- 6) If it helps, make a checklist. Checking off things when you're done feels good!

Supporting Your Mental and Physical Health:

<https://au.reachout.com/articles/10-ways-to-take-care-of-yourself-during-coronavirus>

<https://hub.jhu.edu/2020/03/26/self-care-coronavirus-tips/>

<https://www.unicef.org/coronavirus/how-teenagers-can-protect-their-mental-health-during-coronavirus-covid-19>

Using Mindfulness Apps:

- The Mindfulness App
- Headspace
- Calm
- Insight Timer
- Stop, Breathe, & Think

