

## Self-Care Tips

1. **Maintain a reasonable sleep schedule.** Go to sleep and wake up at appropriate times. This means 8+ hours of sleep, and going to bed at a time that allows you to be ready to begin your school day.
2. **Make sure you eat well and keep yourself properly hydrated.** It is easy to fall into unhealthy habits while stuck at home.
3. **Communicate.** Make sure you let your parents/guardians know how you are doing. Don't assume they know how you feel.
4. **Ask your questions.** You deserve accurate answers, and it will help you feel less anxious.
5. **Keep in mind that everyone in your home is struggling.** This situation is a challenge for us all. Give everyone the benefit of the doubt, as well as some space.
6. **Limit your time on social media and watching the news.** Too much information can be overwhelming and cause you to feel badly.
7. **Try to exercise every day,** outdoors, if it is safe to do so.
8. **Safely stay in touch with your friends,** via video conferencing, phone, etc.
9. **Identify stress reduction activities that work for you.** These might include going for a walk, drawing/painting, yoga, listening to music, or talking to an adult you trust.
10. **Find ways to safely help others.** Check in on friends online, or on elderly neighbors. Donate to hospitals, fire or police stations. Put up a poster thanking first responders.