

Some Suggestions for Coping with COVID-19

1. Limit the amount of information on COVID 19 and your social media – there is a lot of information out there some good and some bad. So, if you give yourself one or two times per day to review information. That also means scrolling through twitter.
2. Make a schedule – this is a time for recovery but that does not mean sleep until noon. You generally do not get to do that so don't do it now. Schedule some time for school work, exercise, enjoying outside, connecting with others and relaxing.
3. Get outside – its not too cold, go for a walk or a run, being outside is good for you on so many different levels.
4. Exercise – yes find a way to keep active – Meena will help you with that.
5. Set Goals – you are use to achieving things, so you need to set some goals for different things. Read 10 pages of a book each day, finish your term paper in the next 2 weeks, go for a walk for 30 minutes, hold your plank for 3 minutes. Anything, clean out your closet, I am sure your mother will love that. Look to the future.
6. Be aware of your emotions, name them and don't judge them – it is natural to have different emotions, so try to be aware and realize they are normal. Talk about them with someone.
7. Ask for support – please reach out if you need to. Don and all the IST is available to chat or text.
8. Focus on what you can do – we often focus on what we can't do but there are a lot of things that you can do.
9. Read, play a game, do a puzzle – so many things that you can do that you probably haven't had time to do with your busy schedule.
10. Maintain Self Care and good nutrition – this allows you the opportunity to actually try making some things in the kitchen that you don't generally have time to. Ask Sheryl.
11. Connect with people – try to do FaceTime or Skype or Zoom so that you can see others, we know that you are use to texting but its great to see someone's face.