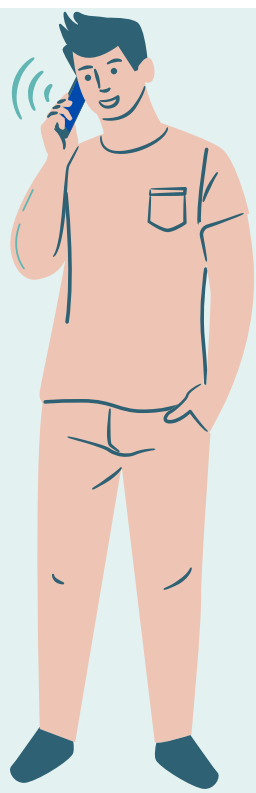


Maintaining Mental Health In Quarantine

Quarantine for extended periods of time is difficult for most but especially for those with a pre-existing mental health condition. Keep reading for suggestions and tips to build healthy quarantine habits!

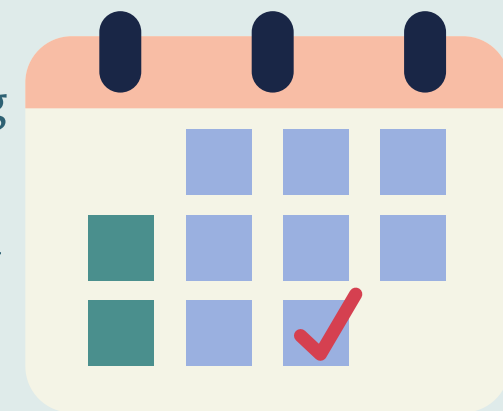
Friends & Family.

We live in an incredible time for technology! Physical distancing is a must during this time, but that doesn't mean you can't connect with people. Video/audio calls are a great way to connect with friends and family. We are social beings who thrive when we come together as a community! Microsoft Teams, Skype, & Zoom are all great options for video/audio calls.



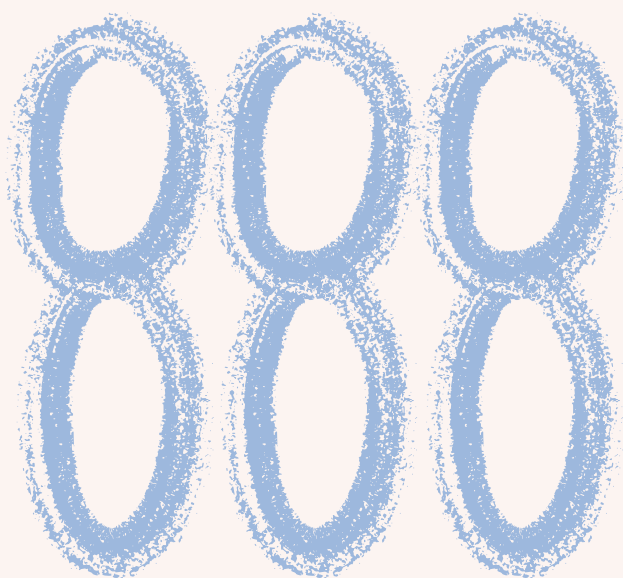
Make a routine/schedule.

To many, it feels as though the days are melting into one another, altering their sense of time. Creating a flexible daily schedule will help with organizing school assignments/work and will help keep a semblance of time! Make sure your days have a balance of: work/school time, stretch breaks, communication time and personal/fun time. Make sure to set realistic goals and to schedule breaks periodically!



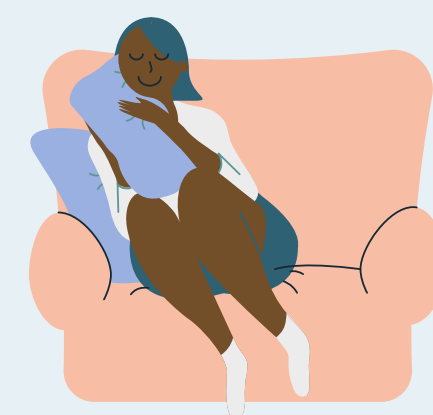
888 Rule.

Not sure how to create a balanced daily schedule? Try splitting up your day into 3 categories: 8hrs sleep, 8 hrs work/school, and 8hrs personal/fun time. Make sure to take a short stretch break for every hour of work!



Move around.

Staying in one location for extended periods of time can lead to an increase in anxiety and/or depression. Staying in one room can make you feel trapped or confined, which can set your brain into a cycle of negative thoughts. While many outdoor locations are closed, move around the rooms in your house/apartment throughout the day to change your setting and reset the cycle!



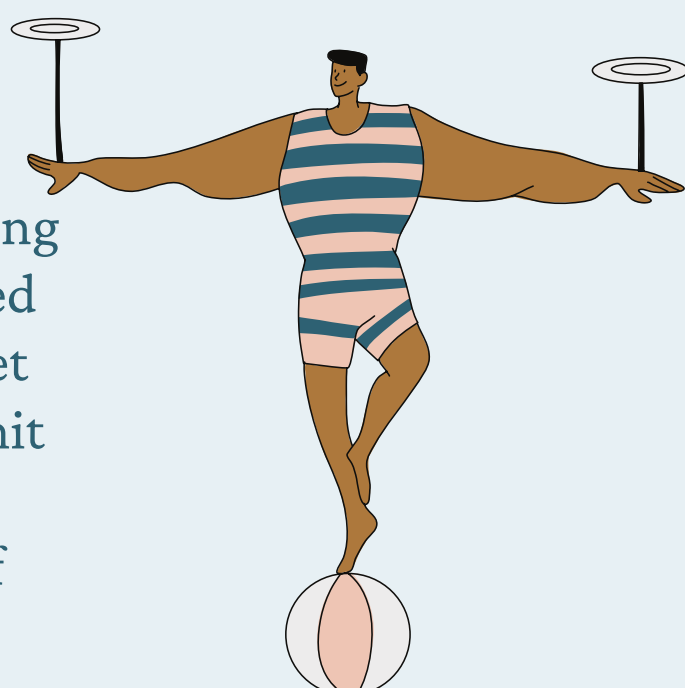
Try something new.

Unsure of what to do at home? Start with unfinished projects on your to-do list or try a new hobby you've never had time to start! Still not sure what to do? Write down a list of fun activities to do at home on strips of paper (ex: dance party, 20 min youtube yoga, draw/paint, sing songs/hymns, clean out wardrobe, etc). When you are looking for an activity to do, draw one of the activities from a hat!



Balance is key.

Moderation and balance with everything in life is key! Make sure to stay hydrated and maintain a balanced diet (poor diet impacts the immune system). Set a limit on the amount of COVID-19 news you take in each day. Excessive amounts of news will increase stress levels, especially when the only action that can be taken is self-isolation/quarantine.



Be gentle with yourself!

Living in a quarantine does not mean you have to be productive 24/7! Remember that there is still a pandemic occurring and the situation will elevate your stress levels. This is normal and happening to everyone! Remind yourself to breathe and focus on getting through this one day at a time. You are strong just by getting up each day and putting in an effort! If you are struggling more than normal during this challenging time, reach out to your personal support system and/or community support for help. You are not alone and do not need to carry your stress alone!

