

QUARANTIPS

Tips for Coping with Your Quarantine Stay

- 1. Stay informed.** As in any new situation, many questions and uncertainties will arise. Find reliable resources for information, instructions and guidelines. Refrain from so-called fake news, rumors or from being exposed to too much information that may increase stress and anxiety. Use good judgment.
- 2. Stay connected with friends and family.** While physical isolation can be challenging, you can stay connected with loved ones through various social media, telephone, and video calls. In fact, it is helpful to do this on a daily basis and it can significantly boost your mood. Setting limits and taking time off for yourself when you need it is also important.
- 3. Create a daily schedule** that includes a variety of activities, e.g.:
 - 9:00 am Shower and breakfast
 - 10:00 am Movement/exercise
 - 10:30 am Mindfulness
 - 10:45 am Study time
 - 11:15 Break, snack
 - 12:00 Read a fun book
 - 13:00 Lunch
 - 13:30 Study time
 - 15:30 Break, movement, snack
 - 15:30 Chat with friends over skype/phone
 - 16:30 Hobby time
 - 18:30 Room clean/organize time
 - 19:30 Dinner
 - 20:30 Movie time
 - 22:30 Mindfulness/relaxation
 - 23:30 Bedtime zzzz catch up on sleep!
- 4. Engage in movement each day.** While being indoors can be tricky for moving around, it is still important to make sure you engage in some movement every day, which can alleviate stress and boost your energy levels. Some ideas for movement include: stretching, following an online exercise routine, small weight lifting, doing some jumping jacks/aerobic movement in place, dancing to some

favorite songs. You can use online resources for exercising, such as the 7-minute workout, or Yoga class videos.

5. **Practice mindfulness, meditation and relaxation.** There are a variety of apps and online resources that can guide you. Even a couple of minutes a day can help de-stress and give a sense of peace and centering during this challenging time. Here are some online resources:
 1. <https://www.headspace.com> (they offer a two-week free trial)
 2. <https://www.uclahealth.org/marc/mindful-meditations>
 3. https://www.youtube.com/watch?v=nR3ZOG_cBf0&index=32&list=LLnm0vkBEqmc7zDGfQvkVIKw
6. **Engage in a hobby/enjoyable activity.** This is an opportunity to find a hobby that you enjoy. Even 10-20 minutes a day can go a long way. Some ideas might include: knitting, drawing/painting/coloring, reading, learning a new language, practicing a musical instrument (tip: youtube has many tutorials, just type "how to play..."), re-designing your room/home, watching movies.
7. **Engage in sensory-based, soothing activities.** Remaining indoors may decrease your sensory input, so create it on your own – sit by the window and get some sun and fresh air, listen to bird sounds, have a bubble bath, smell perfume, slowly comb your hair, light a scented candle, use rich colors for painting, listen to music, etc.
8. **Be creative.** This is your time to shine: write that book you always dreamed of, create an app, make up funny songs about the situation, have a contest with photos from quarantine, make a new dish, etc.
9. **Make this a meaningful time.** This newfound free time is an opportunity for self-growth. Being on your own for a significant length of time can help you learn about yourself in ways you could not have otherwise. Discover what is important to you in life, learn how you handle stressful situations, come up with your own tips and insights for others in quarantine, make someone a gift, log your experience, etc.
10. **Remain optimistic.** Remember, this will be over soon!

Wishing you good health and a meaningful, well-used time!
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