

How to Not Let the Coronavirus Steal Your Mental Health While You're at Home

Create Structure: Schedule your plans along with classes each day and keep to it as much as possible. As time around classes permits, listen to podcasts, watch videos, read, exercise, talk to friends, work on a fun project, create art, listen to music, dance, play games, cook, or some other activity. **Be proactive, rather than reactive.**

Get Physical: Maintain your existing daily workout routine or start one. Go outside to walk, run or bike. Check out Rec. Sports to find an online fitness class or go to Health and Wellness. YouTube channel for recorded videos to lead you in exercising, stretching, yoga, and more.

Learn Something: Explore new topics online, order books, or watch YouTube videos to learn something new for a hobby or your major. This is a time when you can learn something small every day.

Stay Connected: Call or video chat with at least 1 person every day. Contact people who you usually do not have time to connect with. Write a letter to someone who helped you in the past. Do activities separately but together on FaceTime or Skype, such as watching the same movie, discussing the same book, cooking, or waking a nature walk. Continue or start meeting up with social groups, extracurricular groups, political, prayer or Bible study small groups, etc.via online video chat.

Create Meaning: Think about what would represent accomplishment at the end of the day for you. You will likely feel better about doing something that holds meaning for you versus if you have just passed or even wasted time.

Have Fun: Don't forget to integrate fun into your schedule. Take long baths using your favorite bath bombs, hike, notice your surroundings, and post pictures on social media, play a Monopoly tournament, post a new TikTok video, do the thousand piece jigsaw puzzle, or make a new playlist or listen to your favorite playlist and have a dance party in your room!

Maintain Balance: Plan a variety of activities including mental stimulation, physical activity, connection with others, fun, personal growth and accomplishment, and helping others. Take the large trash and recycling containers to the street for an elder neighbor.

Grow: Experiences matter. Work toward meaningful experiences that add something to your life. Choose something like relaxation, mindfulness, or meditation. New experiences mean new connections.

