

# MENTAL HEALTH

## *during* COVID-19

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The transition to remote learning can be an adjustment. Here are some tips for taking care of yourself and managing stress when your daily routine is disrupted.

### ROUTINE

Creating a schedule helps to maintain a daily routine and engage in healthy coping skills. Try to wake up and go to bed at the same time. Eat at regular times. Do your schoolwork at the same time every day. Set up a daily check-in with your best friend. Create an evening routine. Structure helps.

### MEANINGFUL ACTIVITIES

It can be tempting to watch Netflix all day, but that can lead to low mood and boredom. Find what's meaningful to you and try to spend some time on your values. Exploring your spiritual practices, giving back to your community, or supporting family and friends are some examples.

### EXERCISE

Moving is good for your body and mind! You might need to be creative but anything that gets your heart beating is good. Try taking walks, jumping jacks, martial arts, dancing in your room, or yoga videos. 30 minutes a day at least is recommended.

### SOCIAL CONNECTION

Feeling lonely can be one of the hardest parts of remote learning. Connect to people however you can. Remember, everyone else is going through something similar. Check in on your friends. Watch a movie or play a game together remotely. Let people know how you're doing.

### MANAGE ANXIETY

It's normal to feel anxious. Meditation, deep breathing, and relaxation can be helpful. Remind yourself that this is temporary. Check the facts when you are catastrophizing. Take needed breaks from social media and the news. Try out apps like headspace and calm.com

### BASIC NEEDS

During high-stress times, we can forget to take care of our basic needs. Getting regular sleep, eating well and staying hydrated help us to manage difficult emotions and give us energy to adapt. Make sure to moderate your use of drugs/alcohol as that can also contribute to low mood.

### ACCOMPLISHMENTS

Creating tasks and checking off these tasks as they are completed can provide a sense of accomplishment towards the larger goal. This is a great time to clean your room, read that great American novel, or try out a new recipe. Crafting, making, and creating give each day a purpose. Give yourself one goal each day.

**NEED MORE HELP? *Call* CAPS**

**(434) 243-5150**

CAPS remains available to all students for support, referral assistance, and crisis services.