

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 the [Virtual Wellness Center](#) to find an online fitwell 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 taking 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!

Keep 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**.

For brief supportive services during business hours or for crisis services after hours and on weekends call (757) 221-3620 or call the National Suicide Hotline at 1-800-273-8255. For a life-threatening emergency call 911.