

Twenty Suggestions for Student Mental Health During a Time of Social Isolation

1. Get up every day on a regular schedule. Get showered and dressed.
2. Have a schedule for your day and your week, with exercise, relaxation (binge watching Netflix, games, reading, etc.), school work and creative outlets (writing about what it's like to live through this pandemic, drawing, painting or projects and crafts).
3. FaceTime your friends and extended family. Use other forms of social media wisely. Choose word and trivia games over too much time on Instagram, TikTok.
4. Utilize on-line or video workouts and video yoga classes. Planet Fitness' app has 3 workouts a day free for members/non-members or visit <https://www.wecommune.com/groups/2016291/feed>
5. Get outside, each day that you can – rain or shine. Admire nature - the moon, the woods, the sun.
6. Keep yourself informed of the news, for a limited period of time each day. It's important to have updates from the Governor and the President, as well as to understand what is happening in the world, but it is counter-productive to listen to that all day long. Remember to get your facts from reputable sources.
7. Follow the guidelines issued from the above sources. Do your part to slow down the spread of the virus.
8. Try to "live in the middle"- away from those who panic on one end, and those who think this is way overblow on the other end. From the middle, you can hear all perspectives while remaining calm.
9. Reach out to your neighbors (by phone/text etc.) to check on them, especially elderly neighbors and elderly relatives. They will appreciate your kindness. It will be a reminder that we are all working together especially on their behalf, to keep the most at risk safe.
10. Have patience with your siblings. This is new for everyone. Even for your parents. Some people process things at different speeds, and react differently (not always well initially) to stress. When close living gets on your nerves, make sure you spread out in the house; separate yourselves and plan family time separately.
11. Remember that the things you are worried about are the same for everyone. Life will adjust to accommodate what we are all going through.
12. Listen to positive music. There are playlists out there now that are designed to help us unite and get through this together (i.e. Boston Playlist).
13. Meditate. There are lots of free apps and on-line resources. Examples include Honest Guys on YouTube or apps like Calm, Breathe (now offering free resources).
14. Learn to cook. Now is the time to master the recipes you have enjoyed at home. (See Ms. Haney's cooking videos on Tri-County's Facebook page!)
15. Is there something you have always wanted to do (a hobby or playing an instrument)? You Tube has classes for just about anything.
16. Spend time with pets.
17. Keep a sense of humor. Post things that make you laugh, for others to share.
18. Wash your hands regularly and keep your hands away from your face, especially your eyes, mouth and nose. Stay well with sleep, diet and exercise.
19. Keep your lungs as healthy as possible. For those who vape, the combination of being at home and being anxious can be difficult. Connect with on-line support resources and your friends, to help each other. Visit <https://www.lung.org/assets/documents/stop-smoking/teen-tobacco-cessation.pdf>
20. A special note to Seniors. We realize this is particularly difficult. We are proud of you. The usual planning for celebrations this time of year is necessarily postponed, and we know this is difficult. Stay positive by focusing on your plans for next year. Participate in virtual college tours and virtual accepted student days. Connect with prospective students at college. Browse your future college courses. Browse prospective employer, union and military websites.