



## Self-Care toolkit for Coping with Social Distancing

While self-quarantine and social distancing can be a difficult transition, finding ways to stay connected to yourself and others is crucial for your physical and mental well being. Create a tool box for your everyday life in these areas. Here are some tips and suggestions to get you started.

### Stay Virtually Connected

- Use **Face Time** or **What's App**
- **Marco Polo** - helpful if you're busy since you can record, send and react to video messages
- Use **Zoom** to meet with several people at one - tips on how to host/create meetings [here](#)
- **Discord** - an all in one voice/text chat (popular with gamers!)
- Start a **virtual book club**
- Start a virtual game of **Codenames**
- Host a virtual movie night with **Netflix Party**
- Remember to make frequent eye-contact, comment on what's in others' environments, take one another on "home tours" or learn a new skill together like knitting.
- Host a virtual cooking contest by having all your friends make the **same recipe** or simply share a meal together via video chat
- Host a **virtual dance** or **Karaoke party!** ([inspiration here](#))

### Find Time to De-Stress

- Use a **meditation app** - **Calm** even created COVID-19 specific breathing exercises [available here](#)
- Create an uplifting **Spotify playlist** by asking friends for recommendations in your Instagram story
- Practice these 7 simple **grounding techniques**
- Try any of these guided techniques: **grounding, square breathing, 4-7-8 breathing, 3-minute** or **5-minute** breathing exercises, **do nothing** for 10 minutes, or use the **Pause** app to recenter and test your focus.
- Read [this article](#) by AFSP for dealing with uncertainty

### Respect Your Space

- If you work from home, create an office space or corner to work from, separating "work" and "home" tasks/time
- Declutter using the **Konmari Method** or tidy up using **Marie Kondo's book**
- Practice the Danish art of "**Hygge**" or coziness (check out [this book](#) to learn more about this concept)
- See additional tips for working from home [here](#)

### Get Moving

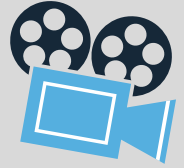
- The **Down Dog Yoga** App is currently free!
- Try this **30-day social distancing** workout
- **Movement for Hope** offers free dance, yoga and creative activities
- Join fun and uplifting cardio and dance parties with **305 Fitness**
- Yoga with **Adriene (30-Day Yoga Challenge)**
- Get in a quick whole-body **workout**
- Do meditation, yoga or Pilates with **Yoga Glo**
- Follow free workouts with **Fitness Blender**
- Take a virtual class at a favorite local studio

### Give Back

- Make your neighbor an "offer to help" **postcard**
- Donate to a local food bank or join CU Anschutz Food Fight Food Drive by donating online to the **Food Bank for the Rockies**. (Search Food Fight Food Drive teams)
- Donate and stay in touch with your favorite charity
- Write down 3 things you're grateful for each day to **positively change your brain**

# Need Stimulation and Entertainment? Keep Your Mind Active!

- Check out one of these [15 podcasts](#)
- Listen to operas and symphonies [here](#)
- Virtually tour these [12 historic sites](#)
- Visit a [National Park](#)
- Watch a [Broadway](#) play or musical!
- Check out one of the 30 [best stand-up comedy specials](#) on Netflix
- Need more laughter? Here is a list of the [50 best comedy movies](#) on Netflix right now
- Read through this [100 Best Movies](#) list to find your next flick
- [Virtually tour](#) museums and art galleries
- Join a [30-day art challenge](#)
- Practice or learn a new language with [Duolingo](#)
- Make and post your art [here](#)
- Join this [Quarantine Book Club](#) and chat with the authors!
- Join the online gaming community with [Steam](#) and [Runescape](#)
- Play some free [board games online](#)
- Take a virtual [roller coaster](#) or [Disney](#) ride, even [Frozen!](#)
- Have a family? Review this [giant list](#) of things to do with kids



## Mental Health Tips



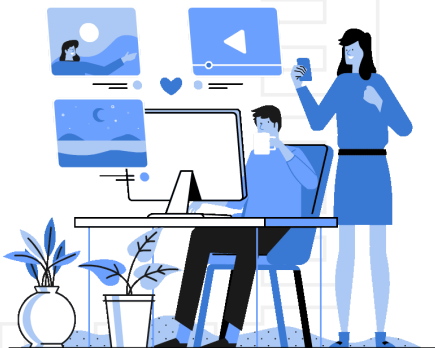
- Be creative with how you transition from "work" to "home" tasks (leave the room, go outside, take a shower, meditate, listen to music)
- Listen to [this podcast for self-care tips for students](#) by Rachel Davis, MD and Rob Rosenthal, PhD
- Journal, read or engage in activities you enjoy.
- Participate in this [30-day mental health challenge](#) Helen L. Coons, PhD helped to create.
- Limit social media and news exposure to 30 minutes per day. Consider [The Mighty](#) for mental health friendly updates on what news you need to know.
- Download [You@CU](#) app for helpful resources & [services](#). See resources on [remote learning here](#).
- [Reach out](#) to a mental health professional if you are struggling more than a few days managing stress.

## Physical Health Tips



- Have healthy balanced meals. Add color to your plate with fruits and vegetables. Stay hydrated!
- Get adequate sleep. Put a window of time on your bedtime and wake time. Consider a morning ritual activity to help transition. See [sleep tips](#).
- Get outside everyday, if possible (even on your balcony, patio or porch), or let the light in by opening your window, shades or curtains.
- Be smart when [grocery shopping](#) and bringing groceries or take-out items [into your home](#).
- Go for walks or check out [trails near you](#) - Practice safe [social distancing](#) in public.
- Refrain from alcohol and drug use.
- Read some tips to [strengthen your immunity](#).

As always, do all of the above with these [prevention recommendations from the CDC](#). Be compassionate towards yourself and kind to others. None of us have been through this before, but we are in it together. When "I" becomes "WE," Illness becomes Wellness.



**Social distancing does not mean social isolation. Distancing will help flatten the curve. Isolation can cause depression, anxiety, and loneliness.**



# Department of Psychiatry Daily Check-in For Students

- |  |   |
|--|---|
| <input type="checkbox"/> <b>Stay virtually connected</b>           | Did you call a friend, check in with a virtual club or make a plan to stay virtually connected?           |
| <input type="checkbox"/> <b>Find time to de-stress</b>             | Did you meditate, try a deep breathing exercise or practice a grounding technique?                        |
| <input type="checkbox"/> <b>Respect your space</b>                 | Did you tidy up your home and/or work space to ensure you can be productive?                              |
| <input type="checkbox"/> <b>Get moving</b>                         | Did you spend at least 30 minutes moving your body by stretching, walking or following a workout video?   |
| <input type="checkbox"/> <b>Keep your mind active</b>              | Did you listen to a podcast, virtually tour a museum/National Park or practice a second language?         |
| <input type="checkbox"/> <b>Give back</b>                          | Did you make a small donation, check in with your favorite charity or do something nice for someone else? |
| <input type="checkbox"/> <b>Check in with your mental health</b>   | Did you do participate in the 30-day challenge prompt or reach out if you need more support?              |
| <input type="checkbox"/> <b>Check in with your physical health</b> | Did you eat balanced meals, get outside, stay hydrated and refrain from substance use?                    |

## Reflect on your Day

How can I take better care of my physical health tomorrow?  
How can I take better care of my mental health tomorrow?  
What are 3 things I am grateful for today?

If you need more support or are struggling with a mental health issue, [click here](#) for CU Anschutz resources.

If you are in crisis, call the Colorado Crisis Line at 1-844-493-TALK (8255) or National Suicide Prevention Hotline at 1-877-273-TALK (8255) or [chat here](#).