

TIPS

It is important to reduce stress and anxiety during a quarantine. Here are 12 tips to get you started!

1 If working from home, don't let work spill over into the after-hours. Try to keep a work-day routine where possible. Take breaks now and then.	2 Limit your exposure to the daily, anxiety-provoking newsfeed - and limit your screentime generally.	3 Get plenty of rest, avoid alcohol and drug use, and maintain a healthy diet.	4 Exercise. Something as simple as a daily walk can improve mood and sleep.
5 Take care of yourself, generally. You'll feel better if you get out of those sweatpants and take a shower!	6 Engage in meaningful prayer, spiritual exercises, or perhaps a meditation.	7 Stay connected with people who leave you feeling supported. FaceTime or Skype may be much more rewarding than text or email.	8 Make thoughtful, deliberate efforts to counter disastrous thinking - something we can easily slip into in times like these.
9 Choose reading and screen time viewing carefully. Ask yourself, "How will this material leave me feeling?"	10 Try something new - learn something new.	11 Count your blessings. (Really, it's good for your mental health.)	12 Reach out to and support others. (Whom do you know that may be alone and lonely?)

RESOURCES

SELF CARE

Check out these resources developed by the American Psychological Association to promote self care practices during COVID-19:

- <https://www.apa.org/helpcenter/>
- <https://www.apa.org/practice/programs/dmhi/research-information/pandemics>
- <https://www.youtube.com/user/APAHelpCenter/featured>
- <https://www.apa.org/pi/aging/09-33-coping-with-stress-fin.pdf>

MANAGING WORRY + SADNESS

Here are several links (from the CDC, NHS, and ADA) which will help support good mental health and assist you in managing worry and sadness experienced during COVID-19.

- <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- <https://www.nhs.uk/conditions/stress-anxiety-depression/reduce-stress/>
- <https://adaa.org/learn-from-us/from-the-experts/blog-posts/consumer/covid-19-lockdown-guide-how-manage-anxiety-and>

YOGA, MEDITATION + MINDFULNESS

These yoga resources are brief, tailored toward beginners, and focus on stress relief.

- https://www.youtube.com/results?search_query=Brief+Yoga

Progressive Muscle Relaxation is an excellent way to calm and lower one's level of anxious arousal. You can find various versions and lengths of mediation below:

- https://www.youtube.com/results?search_query=guided+progressive+muscle+relaxation

TAKING MINDFULNESS A STEP FURTHER

For those seeking mindfulness and meditation practices with greater depth, these apps may be useful. Some are available for free and some are available for purchase.

- Calm - <https://www.calm.com/>
- Headspace - <https://www.headspace.com/> (\$10 membership available with .edu address [here](#))
- Insight Timer - <https://insighttimer.com/>