



Coping During Quarantine

Tip 1: Create a Routine

Part of what can make a situation like this so anxiety provoking, is feeling a lack of control. Therefore, it's important to create a sense of control for yourself and your own environment.

Create a daily routine for yourself that includes, schoolwork, social interaction, exercise, nutrition, and time to relax.

Do your best to make this routine specific and adapt later if you find the schedule you're created needs adjusting.

Taking care of our mental health needs can be a challenge. It can become even more challenging when we are amid a crisis, quarantined alone or with others that can be triggering, or are unable to engage in some of our usual coping strategies.

Here are some tips on how to care for your mental health during a quarantine.

Tip 2: Find Connection

It's easy to become isolated from friends, family, teachers, and our support system during a quarantine. It's important to find time each day to connect with someone. If you are not in quarantine with that individual, consider video chatting, talking on the phone, texting, emailing, or using social media to keep yourself connected to those you care about.

Tip 3: Enhance your Coping Strategies

Many of us will lose the ability to utilize some of our favorite coping strategies like playing sports, hanging out with friends, or being involved in a school club. Here is list of coping strategies you can use while at home.

Color/ paint / draw /make art	Work on schoolwork	Sing/ Dance
Video chat, call, text a friend	Do a puzzle, word search, crossword	Play a board game
Go for a walk around the neighborhood	Play with a sibling	Watch a fun T.V. show or movie
Meditate/ Yoga / Grounding Exercises	Read a book	Journal/ write a poem or short story
Play with a pet	5 senses technique: 5 things you see, 4 you hear, 3 feel, 2 smell, 1 taste	Collect bugs/leaves/ flowers in your backyard
Listen to music	Cook/ Bake	Do an exercise video/ challenge

Tip 4: Recognize when you Need Help

Sometimes we all need a little extra help. There is no shame in getting extra support. If you feel you need this support, talk to your school counselor, district mental health counselor, school social worker, teacher, or trusted adult.

If you need someone right now call the suicide hotline (1-800-273-8255), text the crisis hotline number (HOME to 741741), or call 211 from the Untied Way in order to get immediate help.