COVID-19 Self-Care

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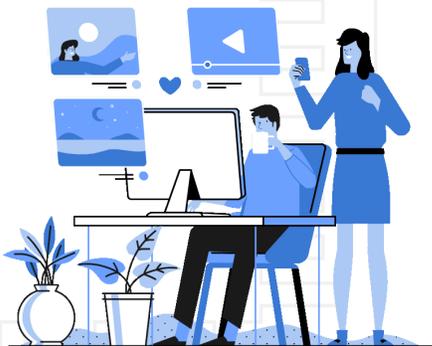
Social distancing **does not** mean social isolation. Distancing will help flatten the curve. Isolation can cause depression, anxiety, and loneliness.

CU Department of Psychiatry
SCHOOL OF MEDICINE
UNIVERSITY OF COLORADO **ANSCHUTZ MEDICAL CAMPUS**

BRAIN HEALTH for all, for life.

Department of Psychiatry Daily Check-in For Students

☐ **Stay virtually connected** — Did you call a friend, check in with a virtual club or make a plan to stay virtually connected?

☐ **Find time to de-stress** — Did you meditate, try a deep breathing exercise or practice a grounding technique?

☐ **Respect your space** — Did you tidy up your home and/or work space to ensure you can be productive?

☐ **Get moving** — Did you spend at least 30 minutes moving your body by stretching, walking or following a workout video?

☐ **Keep your mind active** — Did you listen to a podcast, virtually tour a museum/National Park or practice a second language?

☐ **Give back** — Did you make a small donation, check in with your favorite charity or do something nice for someone else?

☐ **Check in with your mental health** — Did you do participate in the 30-day challenge prompt or reach out if you need more support?

☐ **Check in with your physical health** — 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 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.