TIPS AND TRICKS FOR THRIVING DURING SELF-ISOLATION

• Maintain some structure in your day. Create a daily routine. For example, wake up at around the same time each morning, eat breakfast, shower, get dressed, study for 2 hours, take a break, eat lunch, do some yoga, read for an hour, study some more, eat dinner, Facetime with a friend or family member, practice a hobby, go to sleep around the same time each night.

• Connect with social support throughout the day using apps like Whatsapp, Facetime, Facebook Messenger, etc.

• Exercise. There are many ways to get active. For example, find free yoga classes on Youtube, do calisthenics in your apartment (e.g., jumping jacks, push-ups, sit-ups, jogging in place), use an app with guided stretching and meditation routines, etc.

• Set a regular sleep schedule and limit naps (see sleep hygiene handout). Avoid being in bed during the day.

• Maintain regular hygiene (shower, brush your teeth, clean your living space, etc.)

• Limit your screen time. Watching Netflix or playing video games for 9 hours straight is unlikely to be helpful and may increase symptoms of anxiety or depression. If you do watch something, consider watching a series that you could discuss (via text, videochat) with others, to increase social connection even if you cannot watch the show together.

• Limit time watching the news so your anxiety does not increase unnecessarily – watch or read just enough to stay informed; and choose reliable sources such as the Centers for Disease Control and the World Health Organization.

• Limit time on Instagram, Snapchat, Facebook and other forms of social media – this is likely to increase anxiety, depression and fears that you are missing out (FOMO).

• Reduce use of alcohol and other substances that may temporarily provide some relief but are likely, in the long term, to increase anxiety and depressive symptoms.

• Consider how to reframe the experience as a growth opportunity. Perhaps this is a time to focus on your health and wellness. For example, you could:
  - learn to meditate
  - develop a healthy sleep routine
  - clean and organize your living space
  - read a great book
  - listen to an interesting podcast
  - catch up on school work
  - call some friends you have been missing
  - journal about your experience
  - draw or paint
  - do a puzzle
  - explore a new musical genre on Spotify
  - make a list of people or things in your life for which you are grateful
  - start learning a new language
  - update or draft your resume or get started on an internship or job search (https://www.usf.edu/career-services/students/job-search.aspx)
  - write emails to loved ones (people love getting heartfelt messages!)
  - play an instrument, or learn a new technique or skill