

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.
 - <https://www.cdc.gov/coronavirus/2019-ncov/index.html>
 - <https://www.who.int/emergencies/diseases/novel-coronavirus-2019>
- 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
 - enhance skills for mental wellbeing using TAO (<https://www.usf.edu/student-affairs/counseling-center/what-we-do/tao.aspx>) or online modules practice self-compassion (<https://www.self-compassion.org/category/exercises/>)

