

## Coping With Quarantine and Social Distancing: A Guide for Students

### Choose Self-Care

- Breathe: Inhale. Exhale.
- Move: Walk. Exercise.
- Eat: Cook or Order Out.
- Sleep: practice good Sleep Hygiene & get help for Insomnia.
- Take a Media Break.
- Cultivate Contentment
- Ask yourself these 6 Questions daily.

### Choose Process

- Allow yourself to mourn & process anticipatory grief.
- It's ok to grieve the little things.
- As long as we also practice gratitude & self-compassion.
- The struggle to focus is REAL.
- Feeling overwhelmed is OK.
- Know that your brain is actually responding how it's supposed to.

### Choose Altruism

- Practice Kindness; giving to others helps us feel good too.
- buy a gift certificate to a local business-you'll have something to look forward to post-covid!
- Consider giving blood.
- Share information responsibly & support those who create good information.
- Know your boundaries it's ok to say no.

### Choose Creativity

- Explore art museums from around the world; Virtually.
- Join an art challenge like inktober or the 28 day challenge from the sketchbook project.
- Flex your green thumb and coffee skills with this low maintenance plant and coffee pairing
- create playlists of music for different moods and work; or find new music through Tiny Desk Concerts.

### Choose Connection

- Host a virtual Netflix-Party with friends.
- Have a dance off with friends or have a live virtual dance party.
- Host a virtual game night with friends.
- Send a virtual hug.
- If you are quarantining with loved ones, did you know that a 20 second hug does wonders?
- Go old school & phone a friend(maybe text 1st).

### Choose Support

- Book a CCA Counseling session
- Create a student support group with your CCA Community.
- Attend a virtual event or workshop
- Check out CCA Counseling's growing wellness library.
- Get instant access to resources & connections with other students & join the Active Minds Student Slack Network.

Counseling Services is here to help!

Find us on Portal

Call 510 594 3670 For Non-Urgent Support and Call 510 594 5099 for Urgent Crisis Support