A Guide to Coping with Isolation

STAY PHYSICALLY ACTIVE

KEEP HEALTHY

STAY IN TOUCH

KEEP YOUR MIND ACTIVE

TAKE TIME FOR JOY
A Guide to Coping with Isolation

STAY PHYSICALLY ACTIVE

- Go for a walk or run
- Exercise
- Take a hike in nature
- Play an instrument
- Walk around your house
- Do yoga

RESOURCES
Check your local providers for virtual exercise classes or info
Exercise is Medicine
PE with Joe You Tube
Sarabeth Yoga You Tube
A Guide to Coping with Isolation

KEEP HEALTHY

- Eat balanced meals
- Exercise
- Get enough rest
- Keep a consistent bedtime
- Stay hydrated with water

RESOURCES
Center for Disease Control
National Institute of Health
Consult your Local Health Care Provider
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STAY IN TOUCH

- Talk, Text, Email with
  - Classmates
  - Faculty, staff
  - Family
  - Friends
  - Neighbors
- Have a virtual dinner with someone
- Go on a virtual walk with someone
- Check-in on someone & ask how they are doing

RESOURCES
Facetime
Group Facetime
Skype
Webex

WCSU COUNSELING CENTER
DIVISION OF STUDENT AFFAIRS
203-837-8690
A Guide to Coping with Isolation

KEEP YOUR MIND ACTIVE

- Create or build something
- Find a study buddy or group
- Keep up with classes
- Learn something new
- Listen to a podcast
- Play cards, solitaire, puzzle
- Read
- Schoolwork
- Work

RESOURCES
Instructables
Podcasts (Stitcher App)
TED Talks
WCSU Student Resources
A Guide to Coping with Isolation

MAKE TIME FOR JOY

- Listen to music
- Spend time with your pet
- Take a warm shower
- Sketch, draw, write, paint
- Sit in the sun, feel the warmth
- Write down your future goals
- Read, pray, meditate, breathe
- Look at favorite photos
- Watch a comedy show, listen to your favorite comedian
- Cook, bake
- Write down 3 favorite memories

RESOURCES
Check your house of worship for virtual activities & services
#songs of comfort
Tiny Desk Concerts
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