SELF-CARE DURING ISOLATION:

**A POSITIVE SPIN ON STAYING IN**

1. ENGAGE IN PHYSICALLY ACTIVE
2. PRACTICE HEALTHY HABITS
3. STAY IN TOUCH
4. KEEP YOUR MIND ACTIVE
5. TAKE TIME FOR JOY
ENGAGE IN PHYSICAL ACTIVITY

- 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
exerciseisemedicine.org
PE with Joe YouTube
Sarabeth Yoga YouTube

WCSU COUNSELING CENTER
DIVISION OF STUDENT AFFAIRS
(203) 837-8690
wcsu.edu/counseling/
PRACTICE HEALTHY HABITS

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

RESOURCES
Center for Disease Control
National Institutes of Health
Consult your Local health care provider
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 and ask how they are doing

RESOURCES
- FaceTime
- Group FaceTime
- Skype
- WebEx

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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, or do a puzzle
- Read
- Schoolwork
- Work

RESOURCES

- Instructables
- Podcasts (Stitcher App)
- TED Talks
- WCSU Student Resources
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 your favorite photos
- Watch a comedy show
- Listen to your favorite comedian
- Cook, bake
- Write down three favorite memories

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

- **Active Minds** - Live webinars for students
  activeminds.org/get-involved/special-events/

- **WCSU Counseling Center Webpage**
  wcsu.edu/counseling/

- **WCSU Counseling Center Instagram**
  wcsu_counselingcenter

- **Wellness at WCSU**
  wcsu.edu/wellness/

- **Western Rec Instagram**
  Westconn_Rec

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