



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

[exerciseismedicine.org](https://www.exerciseismedicine.org)

PE with Joe YouTube

Sarabeth Yoga YouTube

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DIVISION OF STUDENT AFFAIRS
(203) 837-8690
wcsu.edu/counseling/

Find us on Instagram
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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

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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 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

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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

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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](https://www.instagram.com/wcsu_counselingcenter)
- **Wellness at WCSU**
wcsu.edu/wellness/
- **Western Rec Instagram**
[Westconn_Rec](https://www.instagram.com/Westconn_Rec)



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