Coping with COVID-19 Toolbox

Using the prompts below, write down a list of at least 8 tools you can use to help increase physical and mental wellness throughout the semester.

- How can you create and maintain a healthy sleep routine?
- How can you stay connected while practicing social distancing?
- What can you do for self-care?
- What foods can you add to your diet to boost your immune system?
- How can you check-in on your physical and emotional wellness?
- Who can you reach out to for support?