SET BOUNDARIES

LIMIT WORK, ACADEMICS AND PERSONAL LIFE. SHUT DOWN THE COMPUTER AFTER CLASS & WORK
STAY CONNECTED

USE TECHNOLOGY TO CALL, FACETIME, OR PLAY GAMES WITH LOVED ONES
CREATE ROUTINE

SET A SCHEDULE WITH RESPONSIBILITIES AND PERSONAL TIME
GET ACTIVE

TAKE A WALK OUTSIDE, DO AN INSTAGRAM AT HOME WORK OUT, STRETCH, SET A TIMER TO MOVE EVERY HOUR. BEING ACTIVE CAN HELP REDUCE STRESS
LIMIT NEWS INTAKE

SET A COUPLE TIMES A DAY TO CHECK THE NEWS. TOO MUCH NEWS CAN MAKE YOU FEEL UNSETTLED
ASK FOR HELP

OVERWHELMED? TALK TO A LOVED ONE, VIRTUALLY TO A PROFESSIONAL OR BY EMAIL TO OUR OFFICE