



# TAKING CARE OF YOUR WELL-BEING DURING THE COVID-19 PANDEMIC

## **STAY CONNECTED WHILE PHYSICALLY DISTANCING**

While critical to follow physical distancing practices, it's important to find ways to socially connect with others. Check in with friends and family daily. A quick phone call, text, or video call can help let others know they are not alone. When connecting through social media, try to avoid excessive media coverage of the pandemic.

## **FOLLOW A SCHEDULE**

It can be easy to fall out of a routine now that you may not be as pressured to fit everything into your day, but maintaining a schedule can help keep you motivated and engaged as you work to finish the semester. Set boundaries between your academic and personal schedules to help find balance.

## **STAY ACTIVE AND EAT NUTRITIOUS FOODS**

Keep moving. Physical activity can help you to sort through some of the uneasy feelings you might have right now. There are numerous free online physical activity programs. Spend time outside while practicing physical distancing. Continue to make nutritious food choices, avoid stress eating, and follow proper hand washing techniques.

## **PRACTICE SELF-CARE**

Set aside time to unwind. Engage in activities you enjoy. Build a puzzle, color, read, practice mindfulness, etc. to help keep a relaxed state of mind. Set realistic expectations for what you can accomplish within a day. Find healthy ways to manage stress and build self-care breaks into your day. Share compassion with others.

## **GET PLENTY OF REST**

Sleep is an important part of maintaining a positive outlook and can improve mood and productivity. Maintain a sleep schedule by going to bed and waking at the same times daily. Find ways to relax and unwind prior to going to bed and limit screen time.

## **FIND HEALTHY COPING STRATEGIES**

Infectious disease outbreaks are scary. Finding healthy ways to express your feelings without the use of alcohol and other drugs is important. Ask for help when needed.

### **ADDITIONAL ONLINE RESOURCES:**

[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)  
[www.jedfoundation.org](http://www.jedfoundation.org)  
[www.activeminds.org](http://www.activeminds.org)

 @WCUwellnesspromotion  
 [www.wcupa.edu/wellness](http://www.wcupa.edu/wellness)