

YOUR ISOLATION WELLBEING PLAN

So you're isolating...

Right now you're probably feeling a lot of things—frustrated, frightened, unsure, maybe unwell. What can you do?

1 Let yourself *feel* your feelings

They'll come and go, crest and fall, like waves. They can feel really intense, but remember that there are also times that you've felt different. Know that this won't last forever.

2 Stay connected

OK, so you can't meet friends or go out for brunch—but you can call, text, FaceTime, email, Zoom, WhatsApp... you get the picture. Try to make contact with at least one other human being every day.

3 Take a mini-vacation with distraction when emotions get intense

Try enjoyable, absorbing activities (coloring books, knitting, drawing, doodling, playing Animal Crossing, spending time on social media). Try distracting yourself with sensations: take a hot or cold shower or watch a YouTube video of a place where you'd love to travel.

4 Sooth and ground with sensations

Smooth some scented lotion on your skin, and really feel the lotion on your hands and on your arms and legs. Breathe deeply and appreciate the smell. Make yourself some peppermint tea. Breathe in the fragrance and feel the warmth of the cup between your hands. Lie in bed and listen to soothing music. In the moment, be completely mindful of those sensations, and let any worries that pop up float out of your consciousness like clouds.

5 Set the stage for success

Avoid distractions and soothing strategies that can ultimately make emotions harder to regulate! Staying up late (up all night on Insta?), too much caffeine, alcohol and weed can all set the stage for moodiness and increased anxiety—even if they seem to help in the moment.

6 Take it slow

It can be difficult to slow it down when life at WashU is so fast-paced! There's evidence to suggest that exercise with a COVID-19 diagnosis may be harmful to your heart muscles. Give yourself permission to slow down your normal pace and be compassionate to yourself. When you feel the urge to move, you can stick to gentle stretches.

7 Set a schedule

When so much feels uncertain, having some structure can help hold things together. As much as you can, try to stick to a given sleep and wake time, meal times and times for things like movement, meditation, studying and connecting with loved ones.

8 Reach out

If you're feeling overwhelmed, reach out—to friends and family, to your advisor, or to the mental health services staff at Habif, who are available to talk you through the stresses of quarantine, classes and COVID. **Call 314-935-6666.**

YOUR ISOLATION KIT

THE BASICS

- medications (any you take regularly as well as cold/flu medicines)
- warm blankets
- thermometer
- comfort food

DISTRACTION

- books
- coloring books
- craft supplies
- your favorite movies or games
- crosswords/sudoku

SOOTHING

- scented lotion
- tasty teas
- a relaxing playlist
- shower gel or bath bombs

GROUNDING

- yoga mat for gentle stretching
- journal
- funny channels/meme accounts to keep you laughing

RESOURCES

- Wanna journal or write to pass the time and find a little clarity but don't know where to get started? Google **journaling prompts** or **NYT Picture Prompts** for thousands of ideas to get your juices flowing
- **Insight Timer app** for thousands of free guided meditations (& some to help with sleep!)
- Take a virtual museum tour or visit a national park with **Google Arts & Culture's** guide
- Find tutorials on learning to draw, paint, calligraphy, or another creative outlet on Youtube
- Find inspiration for a gratitude practice (including daily prompts!) through **gratefulness.org**

MENTAL HEALTH SUPPORT

Even if you're technically alone right now, there is support available to you:

- Mental Health Services (MHS) at WashU:
 - 314-935-6695
- After-Hours Support: 314-935-6666, follow the prompts
- Let's Talk: free, brief, drop-in virtual consultations with MHS counselors
- Uncle Joe's Peer Counselors: 314-935-5099
- Crisis Text Line: text "HOME" to 741741, if you're a POC, you can text "STEVE" to 741741 to get connected to a counselor

You got this! Isolation is tough, and what you're doing is helping keep the WashU & St. Louis communities safe. For any medical-related questions during your quarantine, call Habib at 314-935-6677. For mental health related support during your quarantine, call Habib's Mental Health Services at 314-935-6695. For after hours support, call Habib's main number (314-935-6666) and follow the prompts.