

YOUR QUARANTINE WELLBEING PLAN

So you're in quarantine...

Right now you're probably feeling a lot of things—frustrated, frightened, unsure. So 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. Fourteen days isn't 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 do a brief stint of intense exercise.

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 Move through it

If you're feeling well enough, get some movement into your day. Put on some music and dance, or get your calm on with some yoga. You can choose a workout that matches your energy level, or choose one to alter it (energizing if you're feeling blah, relaxing if you're tense). Shoot for 30 minutes a day.

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 Habib, who are available to talk you through the stresses of quarantine, classes and COVID.

YOUR QUARANTINE 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
- computer/phone
- your favorite movies or games

SOOTHING

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

MOVEMENT

- yoga mat
- playlist for dancing or stretching
- free weights (or canned goods!)

RESOURCES

- **Sumers Rec Center** for tons of different workouts you can try in your room (WashU Rec on YouTube)
- Youtube Channel Recs from WashU Students:
 - **Yoga with Adriene**
 - **Refit Revolution**
 - **Fitness Blender**
 - **MadFit**
- **Insight Timer** app for thousands of free guided meditations (& helpful sleep guides)
- Take a virtual museum or national park tour with **Google Arts & Culture**'s guide
- Find tutorials on learning to draw, paint, calligraphy, or another creative outlet on Youtube
- Wanna journal to pass the time and find a little clarity but don't know where to get started? Google "**journaling prompts**" for thousands of ideas to get your juices flowing

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! Quarantine 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 314-935-4959, Monday-Friday, 9-5. For after hours support, call Res Life staff at 314-249-9611, who will connect you with the Habib provider on call.