

Self-Care During Self-Quarantine

Physical isolation does not mean emotional isolation. It is important for your mental health that you maintain relationships with friends and family during this time. Call, text, face time, snap, or DM people you know in real life. Check in. Send memes. If you spend this time focusing ONLY on the news or celebrities, your coping strategies will diminish.

Continue to maintain your personal hygiene and bedtime. It is easy to lay in bed all day when you don't have plans to go outside, but maintaining hygiene and a sleep schedule are two of the very best things you can do to maintain a sense of normalcy. Plan to wake up at a reasonable time, brush your teeth, take a shower, and comb your hair.

Do something other than play videogames or scroll through your Instagram feed. Can't think of an activity? Find one below!

	Awake	Tired
Stressed	Learn a new dance (TikTok, anyone?) Sweep/Vacuum your home Work out (push-up, sit-up, squat, plank) Wash and fold the laundry Download a meditation app	Make art (color, draw, write, make music) Drink cold water and notice how it feels going down Pull weeds from the grass/garden Cook something familiar Watch your favorite movie or show
Calm	Play cards or games Read books Organize your closet or kitchen cupboards Make a new music playlist Research a topic you are interested in	Take a nap Sit on your porch to get some sunshine Listen to audiobooks or podcasts Talk to somebody (call, text, FaceTime, SnapChat, DM) Blow bubbles out your window

Reach out if you need to talk to somebody. Aside from friends/family, you can:

- Call the National Suicide Prevention Lifeline (800-273-8255)
- Text/Call the OC Warm Line at (714-991-6412)
- Text "HOME" to the Crisis Text Line (741741)
- Text/Call/Video Chat coaches, religious leaders, grandma, any other trusted adult

Maintain access to resources. If your family needs help gaining access to housing, food, financial assistance, healthcare, or childcare, you can call 211 or visit 211.org. You can also visit the Counselor's Corner of our school website for a list of community resources.