

# 10 TIPS FOR STAYING HEALTHY @



## 1. Practice Self-Care

Prioritize getting a healthy amount of sleep, and try to only use your bed for sleep. Stay nourished with balanced meals and snacks, get creative with food, cook and try new recipes. Avoid alcohol and drugs, including smoking and vaping, find alternative ways to cope. Stay active and move regularly, whether that's stretching throughout the day, getting outside for walks, bike rides, and fresh air, or trying at home workouts. Stay hydrated and drink plenty of water.

## 2. Practice Good Hygiene

Wash your hands, early, often, and thoroughly - 20 seconds. Avoid touching your eyes, nose, mouth with unwashed hands. Keep surfaces and space clean and sanitized. Cover coughs and sneezes with your elbow or tissue. Engage in social distancing, keep 6 ft between you and others and avoid crowds. If you feel sick, contact UHS or your medical provider.

## 3. Stay Connected

You might find yourself distanced from the people you would normally see on campus. If so, make the effort to stay connected through social media, email, texting, and video calls. Give virtual game nights a try. Reach out to family and friends to avoid feeling lonely and isolated. Connect with professors and figure out how you prefer to engage with these new learning platforms.

## 4. Stay Positive

Allow yourself to process your feelings, sit with your emotions and talk about it, keep things in perspective and practice restructuring negative thought patterns, dig deep and use your strengths, practice gratitude, be in the present moment, and find bright spots where you can throughout your day. Seek out opportunities for laughter and humor.

## 5. Keep Informed

Seek trusted reliable news, and only in short stints, since we can find ourselves over-consuming news and updates. Try not to become absorbed in the coverage for long periods of time, and find opportunities to appropriately disconnect and unplug from technology.

## 6. Set Boundaries

Communicate your needs. Let those who you are living with know your online class schedule and when you'll be engaging in schoolwork. To the best of your ability, find private, quiet places to be alone and do work in your living space. You can also set boundaries around what topics you will and will not talk about with your family, and choose not to engage if they try to bring up certain topics that are uncomfortable or triggering.

## 7. Maintain Routines

Whether you are home or participating in online learning from your residence hall, try to maintain a schedule throughout the day, even if it's a few small things like making your bed or eating meals at the same time everyday. Setting a schedule for yourself can help provide structure and keep you organized and motivated. Although it may be tempting to multitask, try to focus on one thing at a time to get the most out of your academics and online classes.

## 8. Set Goals

Think about what you want this time to look like for you: set short term goals or be more intuitive and fluid about it. It can be a time to slow down, prioritize what matters, and give yourself permission to do what feels best right now. Is there something you've been wanting to do or haven't had time to? Such as clean out your closet, inbox, google drive, organize your space, try a new hobby, or learn something new. Maybe it's trying to engage in one activity a day that brings you joy.

## 9. Take Breaks

To ease your mind and distract yourself when you start to worry, do activities you enjoy - play a game, watch a movie or show, make art, listen to music and podcasts, take a yoga class, do a puzzle, read, journal, pray, practice mindfulness, try a meditation app.

## 10. Connect with Common Humanity

Recognize the feelings everyone shares right now, practice empathy, be kind to others, help a neighbor, support others with an email or call, know you're not alone and there are people and resources on BC's campus and in your local communities to support you in whatever you're experiencing.