

# STUCK IN ISOLATION?

Remember  
AT HOME

## ASK FOR HELP

- Connect with and reach out to supportive others
- Inform others you are struggling and allow their help
- Seek out other resources:  
[go.geneseo.edu/copingwithcovid](http://go.geneseo.edu/copingwithcovid)

## TAKE CARE

- Take time for self-care basics such as getting enough sleep, nourishing yourself, hydrating, taking care of your body
- Allow time to do special things for yourself that you enjoy

## HAVE A ROUTINE

- Establish familiar patterns within the unfamiliar situation
- Create a daily schedule that incorporates your self-care
- Balance time for more active work versus play/quiet time

## OBTAIN OUTDOOR TIME

- Spend daily time outdoors if possible
- Get exposure to natural sunlight via windows
- Keep indoor spaces brightly lit during daytime

## MOVE YOUR BODY

- Find some way to be active
- Sign up for a Zoom fitness class or practice yoga with Dr. Beth: [bit.ly/YogiBethC-YT](https://bit.ly/YogiBethC-YT)
- Do jumping jacks, try standing on one foot, or dance!

## EXPLORE YOUR CREATIVITY

- Express yourself via whatever creative pursuit works for you
- Start a bullet journal
- Develop a blog/website
- Spend time coloring, drawing, writing or playing music