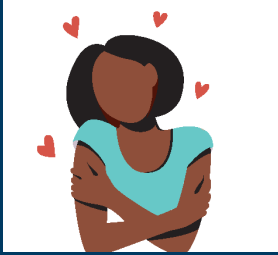


# Recommendations for a Healthy Quarantine

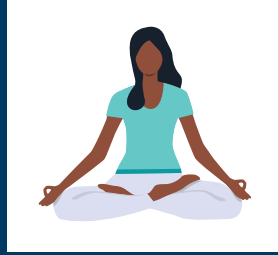
## EMOTIONAL HEALTH ▼



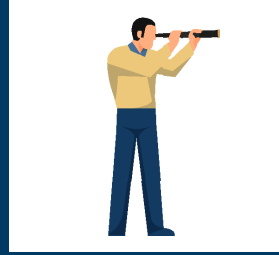
**COMPASSION**  
Be compassionate to yourself. It's ok to not be ok.



**CONTROL**  
Only focus on what you CAN control - not what you can't.



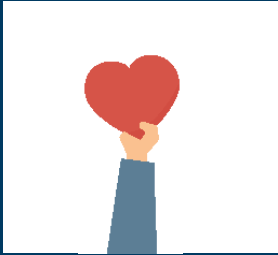
**PATIENCE**  
Set expectations for yourself and others. Be patient and kind.



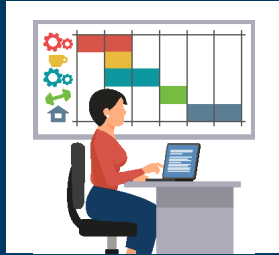
**OPPORTUNITY**  
What can you do now that you couldn't before?



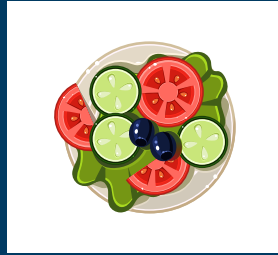
**GRATITUDE**  
Make a list of things you have and things you can do.



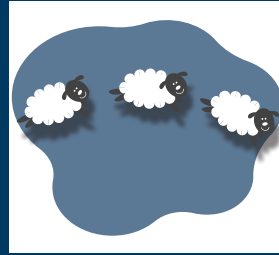
**HOPE**  
Keep hope - pandemics don't stay forever.



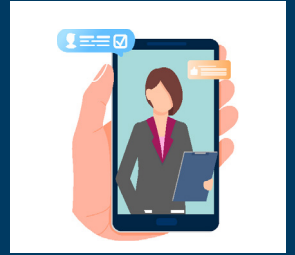
**ROUTINE**  
Create a daily routine to reduce boredom and to avoid helplessness.



**NUTRITION**  
Make healthy food choices. Avoid caffeine and sugar in excess.



**SLEEP**  
Practice good sleep hygiene. No phones or TV in the bedroom.



**COUNSELING**  
Talk to a mental health counselor. Give telehealth a try!

## WRITE YOUR STORY

This is a historic moment – friends and family will ask what you did and who you were during this time. What part or parts of your character do you want to shine through? What story will be told of you?

## PHYSICAL HEALTH ▼

The American Heart Association recommends at least 2.5 hours of exercise per week\*. Here are a few easy things to do each day to maintain your physical health:



### MOVE DURING NORMAL ACTIVITIES

- ✓ Squats during a tv show
- ✓ Heel raises when cleaning
- ✓ Knee lifts while talking
- ✓ Push-ups waiting for food in oven
- ✓ Windmill when doing laundry

### INCREASE HEART RATE

- ✓ Walk up and down stairs
- ✓ Participate in an online aerobic class
- ✓ Take a walk outside
- ✓ Do stretches
- ✓ Jump rope
- ✓ Hula hoop

### BREATH

- ✓ Take 10 deep breaths several times a day
- ✓ Meditate
- ✓ Do yoga
- ✓ Keep a clean environment

\* Sourced from <https://www.heart.org>.



## PROTECT YOURSELF BY KEEPING 'EM CLEAN! ▼

Wash your hands often with anti-bacterial soap and water for at least 20 seconds or use hand sanitizer if soap and water aren't readily available.