TAKING CARE OF YOURSELF DURING QUARANTINE

BE PATIENT WITH YOURSELF

It is normal to feel a wide range of emotions during the pandemic and especially during quarantine. There is no right or wrong way to feel, and all feelings are valid. It is ok to be gentle and kind to yourself. You are NOT experiencing this alone.

GET CREATIVE

Explore new and creative ways to maintain and create connection with others. While connection may look and feel different, it can really improve your mood and increase the feelings of community as you quarantine

INFORMATION OVERLOAD

Recognizing when we are being overloaded with information related to COVID-19 is a great step to reduce COVID related anxiety. While it is natural to want to stay informed about the pandemic, it is important to explore if you are finding yourself constantly taking in information without giving yourself a chance to decompress from it all.

PRACTICE SELF-CARE

Quarantine can be a good time to re-envision your self-care routine or to create one, if you do not have one yet. Self-care can include exploring new hobbies, reading a book that you enjoy, or anything that you feel helps you take care of yourself.

USE YOUR TIME EFFECTIVELY

Creating a routine and focusing on time management can be a healthy way to cope with quarantine. Is there something that you have been meaning to focus on or do? Well, this could be the perfect time to create the space and time to do the things that you haven't necessarily found the time for.

CHECK IN WITH YOURSELF

Focus on your well-being. Pay attention to your mood, keep a journal, and be sure to reach out to someone who can help you if you feel your mood is negatively impacting your functioning, your relationships, and especially if you start to have thoughts of hurting yourself or others.

CAPS IS HERE FOR YOU!

CAPS is always a resource for our students. If you are interested in learning more out our services, please visit our website at caps.gmu.edu or call our office at (703) 993-2380. If you have are having a mental health crisis, call 1-800-273-8255, or if it is life-threatening, please call 911.