

Wellness Tips During Social Distancing

It is common to feel a range of emotions while practicing social distancing. These are unprecedented times, but there is solace in the fact that we are all in this together. Even though we are not meeting each other in person, we can still connect in other ways. Over the next two weeks, the Health and Wellness Center will send out daily wellness tips to help keep your mind, body and spirit centered while we are on this extended break. In addition, if you would like to connect, we are offering weekly, online Skype sessions with the Wellness Coordinator for those who are interested, to check in, ask questions, share stories or just say hello! To schedule a Skype session please email wellness@stonehill.edu.

To help get us started, below are five tips to stay well during social distancing.

1. Avoid virus exposure. Social distancing only works if we keep a distance from others. That means, avoiding crowded places and refraining from gathering with friends in person. By staying home, you are doing your part to reduce the spread of this illness.
2. Reduce media exposure. It's easy to keep the news on 24/7 and to check in with social media daily, however this constant connection to media can increase anxiety and cause fear. Checking in at the beginning and/or end of the day is a healthier amount of media exposure compared to staying connected to it all day long.
3. Get some fresh air. Staying cooped up in the house without leaving for the next few weeks, if you are not sick or experiencing symptoms, may not be necessary. Stepping outside your house, sitting on the steps or in your backyard, taking a walk or run around the block, are all healthy ways to get fresh air and can help improve mental clarity.
4. Stay connected. It's easy to stay connected with others with the help of facetime, phone calls, emailing, skype and other ways to connect virtually. Take this time to call a friend or loved one.
5. Keep a schedule. It can be easy to sleep in, binge watch tv shows, or feel like the days blend together. Make a schedule that allows you to get your work done, build in some down time, as well as self-care.

As a suggestion, an example of a schedule could be:

- ✓ 8am-9am: Wake up, breakfast
- ✓ 9am-11am: Class work
- ✓ 11am-12pm: Fresh air/self-care
- ✓ 12pm-1pm: Lunch
- ✓ 1pm-3pm: Class work
- ✓ 3pm-3:30pm: Connect with others virtually
- ✓ 3:30pm-4:30pm: Take a walk. Try an online meditation or yoga class
- ✓ 4:30pm-6pm: Class work
- ✓ 6pm-7pm: Dinner
- ✓ 7pm-9pm: Class work
- ✓ 10pm-11pm: Relaxation
- ✓ 11pm: Bedtime (avoid looking at phone/social media after this time)