



# Wellness Guide

Taking care of yourself and getting through tough times



**KEEP  
CALM  
and**

**Take care of  
YOURSELF**

## Taking Care of Yourself

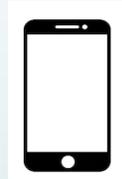
- Coping with Social Distancing
- Health and Nutrition
- Stress and Sleep
- Maintaining a schedule
- Make time to laugh and have fun



Staying physically away from other people does not mean you have to totally isolate yourself



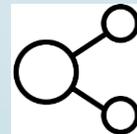
Maintain friendships as you would on a normal day, except not in person



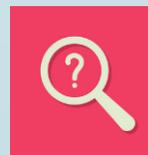
Set up phone calls and video chats with friends and family



Share your anxieties with someone; keeping your fears bottled up in the effort to remain positive will not help in the long run



If you live alone, find a “buddy” or two but try to limit your social contact beyond that

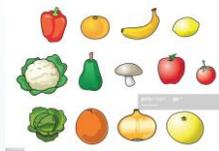


Seek help if your feelings of anxiety or hopelessness get out of control- feel free to contact PSO or teachers for advice

# Health and Nutrition



Make a plan when shopping for groceries to avoid panic buying – now is the time to try new recipes!



Buy fruits, vegetables and meat, cut them up (or cook) and put in the freezer as an alternative to tinned food



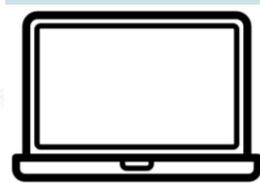
Boredom and stress-eating is a common reaction; plan out your meals and keep yourself busy to avoid it



Go for walks or runs outside (stick to Government guidelines) or do an online workout for at least 30 minutes a day, 3-4 days a week.



Yoga is a good source of exercise and a great tool for managing stress



Some exercise companies are offering free workouts:  
Orangetheory fitness (YouTube)  
Blink Fitness (Facebook Live)  
Planet Fitness (Facebook Live)  
305 Fitness (YouTube)  
Corepower Yoga (their own website)



# Stress and Sleep



Take breaks from watching, reading, or listening to the news

Still stay informed to avoid stress that you are missing something

Do something relaxing before bed like meditation or mindfulness

- Simple Habit App
- Headspace App

If you can't sleep, get out of bed and do something to break the cycle of rumination

Journaling your feelings and experiences

Now more than ever, it's important to give yourself a "phone curfew" if you're having sleeping problems

# COVID-19 DAILY SCHEDULE

Before 9:00am	Wake up	Eat breakfast, make your bed, get dressed, put PJ's in laundry
9:00-10:00	Morning walk	Family walk with the dog Yoga if it's raining
10:00-11:00	Academic time	NO ELECTRONICS Sudoku books, flash cards, study guide, Journal
11:00-12:00	Creative time	Legos, magnatiles, drawing, crafting, play music, cook or bake, etc
12:00	Lunch	
12:30PM	Chore time	A- wipe all kitchen table and chairs. B - wipe all door handles, light switches, and desk tops. C - Wipe both bathrooms - sinks and toilets
1:00-2:30	Quiet time	Reading, puzzles, nap
2:30-4:00	Academic time	ELECTRONICS OK Ipad games, Prodigy, Educational show
4:00-5:00	Afternoon fresh air	Bikes, Walk the dog, play outside
5:00-6:00	Dinner	
6:00-8:00	Free TV time	Kid showers x3
8:00	Bedtime	All kids
9:00PM	Bedtime	All kids who follow the daily schedule & don't fight

## Maintaining a Schedule

In order to feel as “normal” as possible try and set a daily routine – like the one on the left

Get up at the same time every day and set a bedtime

Schedule time for different activities

# It's OK

- To acknowledge that this isn't normal, despite trying to keep a routine
- To be disappointed about having to cancel plans you had made
- To worry about yourself and your family
- To be angry that you have to live through this
- To feel anxious
- To feel sad
- To need support from others
- To need some alone time
- To want to leave social media or block out the news
- To want to read the news all day
- To still laugh
- To cry sometimes

# Your Experience is Unique

**Everyone reacts differently during difficult times**

**Your own feelings may change over time**

**Notice and accept how you feel**

**Cope in whatever way works best for you**

**Make sure to take care of your emotional health during this time in order to be able to think clearly and avoid panicking**

**Self care during an emergency will help with long term healing**

## Things to Remember

**These tough times will  
end**

**Our lives may change,  
but we are able to  
adapt**

**You have the strength  
to get through this**

**Take care of yourself  
first**

**Use this time to build  
skills and hobbies you  
don't usually have time  
for**

**You can still laugh and  
enjoy life even when  
bad things happen**