



# SELF CARE

**01 Maintain a schedule, just as you would if at school.**

Having a schedule helps us manage emotions and feel a sense of control.

**02 Consider keeping a journal about what this experience is like for you.**

End your daily entry with 3 good things about the day, however small, to help keep your spirits up.

**03 Maintain perspective.**

Remind yourself of what's good in your life and what's important in your life, whether it's health, family, friends, religion, or spirituality...

**04 Spend time with your four-legged friends.**

Some snuggle time with your pets can make a rough day easier.

**05 Take the focus off of yourself: do something for someone else.**

Since you may not be able to visit in person, call, video chat, or write a letter!

**06 Consider making use on one of the many mental health apps** that are available for free or to purchase at

<https://www.psycom.net/25-best-mental-health-apps>