

Tips for Coping During COVID-19 Quarantine

- A list for Teens from Teens -

What's working for us...

- ▶ **“Try cleaning, organizing, or decluttering an area in your house.** I started in my room. I moved my bed against a different wall, cleaned underneath my bed, and vacuumed my floor. I also rearranged some decorations I have on my wall. Now when I walk into my room it feels fresher and newer.”
- ▶ **“If you have food available, try and eat well throughout the day.** Food is like gas for a car. You need it to keep you running physically and mentally. Do not put crap in your body, though. That will only slow you down and make you feel bad in a time that already feels bad.”
- ▶ **“Read a book.** And do not read a book on your phone or tablet. Dive into a novel where you can flip through the pages and get lost in a story for a few hours. There is so much to learn. A book can fill your mind and heart.”
- ▶ **“Do something spiritual.** I have been praying every night with my family, and it has been super uplifting and positive.”
- ▶ **“Try to find a good sleep schedule.** Unfortunately, this is not something I have been doing well, but I am trying to get in more of a groove this week. Waking up at around noon kinda sucks to be honest because you're missing so much sunlight and day time. Try to adjust your sleep schedule with me!”
- ▶ **“Change your clothes!** This sounds pretty obvious but let's face it, it's very easy to stay in your pajamas all day. I personally like getting dressed to feel somewhat of a schedule each morning and to feel a bit more productive. It's simple but makes a difference!”
- ▶ **“Try to make yourself feel clean each day.** Whether that's a shower, washing your face, disinfecting your desk, or continuing to wash your hands. This will help you feel fresh. I've just found this helpful for me.”
- ▶ **“Take a walk!** I think it helps clear your thoughts and get some vitamin D. I love walking and just releasing some energy.”
- ▶ **“Reach out to teachers!** They are sad and miss school too. They would really appreciate an email just saying hey.”
- ▶ **“Journal!** I keep a journal and have for a while now, but seriously, writing down your feelings can be so helpful. Even if it is aimlessly drawing on the page, opening some paper and going to town is very therapeutic.”
- ▶ **“Turn off the media and news.** I think it gets overwhelming to always keep up with COVID. It's okay to step back and not be in that zone.”
- ▶ **“Set small goals.** For me at least, being able to accomplish my goals and check things off a list is really satisfying and makes me feel good about myself. Trying to accomplish huge goals though, especially right now, might be hard and defeating. Small, realistic goals offer the greatest chance of success.”

A few more ideas...

- ▶ Go old school and play Minecraft with friends!
- ▶ Make and mail friendship bracelets for your friends.
- ▶ Watch old TV shows or movies from your childhood.
- ▶ Color! It's relaxing and at the end you have a beautiful piece of art.
- ▶ Try the new Chloe Ting workout.
- ▶ Wash your bedsheets!
- ▶ Go through your closet and make a pile of stuff to donate.
- ▶ Pump some iron.
- ▶ Take a hot shower or bath and dress up in a cute outfit!



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Hang in there! :)