WELLBEING TIPS FOR ISOLATION

We understand this is an uneasy time for you and you be may experiencing the following feelings and reactions during and after isolation:

- **Worried** about your own health, school work, other obligations, and people around you who may be infected
- **Irritated** because your freedom is being restricted
- **Anxious** about the worst case scenarios and "what if..." situations
- **Guilty** about causing potential infection
- **Lonely** due to limited physical interaction with other people
- **Uncertainty** about how long you will need to be isolated and the situation after isolation

Ways to Support your Wellbeing during Isolation

- Try to **maintain a normal healthy daily routine,** including eating and sleeping regularly
- **Relax** your mind and body by doing things that work for you-take deep breaths, stretch, meditate, pray, draw, read, or listen to music
- **Set realistic and manageable goals** each day and achieve them to give yourself a sense of control
- Give permission to yourself to **feel how you feel.** and **understand your needs**
- **Connect with your friends, family and others** by phone, email, text messaging, and social media
- Consider moving your **desk to a nearby window** or getting **refreshing outdoor air** by using the balconies daily. Open 2-4pm and after 6pm
- Maintain a sense of **hope** and **positive thinking**
- Consider keeping a **journal** to write down your thoughts, feelings and things you're grateful for

If you start to feel distressed and/or impaired functioning, please contact the Rice Wellbeing and Counseling Center: 713-348-3311 (24/7) for more support