

# TOP TEN TIPS FOR COPING WITH SELF-ISOLATION

We know that the uncertainty surrounding the current COVID-19 situation is causing many of our students to feel stress. Until we have more information from the President of the University of Windsor, please consider the following tips for coping.



## 10 Routine

Make a daily schedule/routine and stick to it every day.  
Routines are critical when you feel that you have limited control over other situations.

## 9 Fresh Air

Commit to going outside for a walk every day.  
Only walk with small groups and at a two meter distance from one another.

## 8 Exercise

Take care of your physical well-being. Find a simple online at-home workout routine to stay active;  
drink plenty of water throughout the day and get rest when you can (but not too much).

## 7 Study

Keep yourself accountable and on top of your studies every day.  
Avoid studying in your bed.

## 6 Monitor Your Mood

Be aware of your feelings and how to manage them. Take advantage of the following FREE UWindsor resources:  
Confidential 24/7 support by downloading the 'My SSP' app; **Therapy Assistance Online**; **Student Counselling Centre** -telephone or video conferencing support; Additional wellness resources are listed on [uwindsor.ca/wellness](http://uwindsor.ca/wellness).

## 5 Limit Your Exposure to the News

Limit your consumption of social media and news.  
Ask yourself if it will really do you any good to constantly check for updates about the world situation.

## 4 Practice Positivity

Breathe in. Breathe out. Smile. Laugh. You'll trick your mind into feeling more positive and in control.

## 3 Connect with Family and Friends (AT A DISTANCE)

Connect with friends and family as much as possible (at a distance). Talk about happy events, cherished memories and creative ideas that don't involve the current world circumstances. Play online games together.

## 2 Be Aware of Scammers

Many are taking advantage of our current level of vulnerability and fear. Take some time to think about calls or emails you receive. If it sounds too good to be true, consider that it could be a scam. Check facts through Snopes.com, Google or call a friend for a second opinion.

## 1 Flatten the Curve

If you MUST go out of your home, do so ONLY when absolutely necessary and stay away from others. Do not go to friends' homes and do not invite friends to your home. We all must work to flatten (and in fact **Plank the Curve**)  
Wash your hands thoroughly and frequently and don't touch your face.

