

# Protect Your MENTAL HEALTH During COVID-19



It's normal to feel anxious, sad, confused and scared during any crisis. Keeping in touch with friends and family can be helpful. Try a group video chat or phone call with those you care about.

While doing school from home, try to establish a routine. Set-up a designated workspace and avoid doing work from your bed or the couch.



While your spending more time at home, maintain a healthy lifestyle, including proper diet and enough sleep. Incorporate outdoor exercise, mealtimes and study breaks into your established routine while maintaining social distancing.

Draw on skills you have used in the past that have helped you to manage previous challenges.



Take a break from social media and news. Don't overexpose yourself to too much information. Get accurate public health information from data-driven sources.

## 6 Strategies for Teens Facing a New (Temporary) Normal

- Recognize that your anxiety is completely normal.
- Create Distractions.
- Find New Ways to Connect with Your Friends.
- Focus on You.
- Feel Your Feelings.
- Be Kind to Yourself and Others.



## Preparing for Online learning

### • Create a Regular Study Space & Stay Organized

- Complete work there repeatedly to establish a routine.

### • Hold Yourself Accountable

- Set Goals at the beginning and check-in with yourself weekly.
- Create a weekly schedule that you will follow. Factor in prior commitments, breaks, meals, etc.

### • Practice Time Management

- Use your planner to record each subject's assignment due dates.
- Set checkpoints for long-term assignments/projects.
- Create a master calendar of your teachers' office hours and live lessons.

### • Eliminate Distraction

- Use your planner to record each subject's assignment due dates.

### • Figure Out How You Learn Best

### • Actively Participate

- Check Your Email Daily
- Use Schoology Consistently
- Communicate with your Teachers
- Remember YOU are not Alone