

Control vs. Out of Control

1. Let's start by listing what is in your control (for example, your thoughts, your feelings, your actions, your attitude, your daily routine)

2. What are some things that are stressing you out right now?

3. Of these things, which are in your control, and which aren't?

In your control: _____

Out of your control: _____

4. What can you do that is in your control to lessen your fears and stresses?

Achieving Balance

It can sometimes be difficult to prioritize yourself. But now more than ever, you must achieve balance in your day to live a happy and healthy lifestyle!

1. What daily activities do you enjoy?

2. How can you bring these activities into your daily routine?

3. How can you bring exercise or movement into your daily life?

4. How can you bring support from others into your daily life?

5. How can you bring relaxation into your daily life?

Hopefully now you will fill your day with activities you love, moving your body, support from those around you, and relaxation!

Creating Your Daily Routine

It's time to create your "Stay at Home" daily routine! So much is changing right now in everyone's lives, but if you have a strong daily routine, most activities will stay the same. This can bring great comfort in times of uncertainty, and it will guarantee that every day during this time will be filled with what you love!

1. What did your life look like before the coronavirus outbreak?
What usually filled up your days?

2. Which of these activities can you not continue because of the coronavirus (for example: traveling, eating at restaurants, visiting friends)

3. What are some ways you can still do these activities while practicing physical distancing? (for example: taking virtual tours of museums, getting take-out from your favorite restaurants, video chatting with friends)

Creating Your Daily Routine (continued)

4. What are some activities that you don't do every day but you LOVE to do? (for example: go to Disneyland, visiting friends, celebrate holidays)

5. How can you still do these activities during the coronavirus outbreak? You will find you have more time now for activities you don't do often, such as walking around your neighborhood if it's safe, drawing, or playing games!

Ways to Deal with Stress and Anxiety in the Moment

1. Take 10 deep breaths. Slowly, breathe in with your nose and out with your mouth. Visualize the numbers in your head as you say them out loud, or you can think about your favorite place to go.
2. Full body relaxation: Focus on relaxing different parts of your body, clenching and releasing each body part. Start with your toes, clench them tightly for 5 seconds and release. Now move to your legs, then hips, then stomach, then chest, then shoulders, then arms, then fingers, then face.
3. Listen to your favorite music that makes you feel happy.
4. Go through photos of your favorite memories.
5. Write down your feelings on paper or in an app like Thought Diary.
6. Go through your senses: What do you see in front of you? What sounds can you hear? What can you smell? Touch?
7. Write down 3 things in your life that you are grateful and happy about.

Exercise Time

1. What kind of exercise do you like to do?

2. Can you still do some of your exercises, like walking around your neighborhood if it's safe, going for a run, or doing inside exercise?

Here are some ideas for how to exercise while practicing physical distance:

- Online zumba or dance classes
- Online yoga class
- Running around your neighborhood
- Walking around your neighborhood
- Kicking around a soccer ball or throwing a ball in your backyard
- Doing exercises like push ups and sit ups in your room or backyard

3. Let's focus on doing at least one of the items listed above every day! Write a weekly schedule choosing which day you will do which activity:

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

Relaxation Time

1. What are your favorite ways to relax (for example: meditation, sleeping, watching TV, taking a bath)?

2. Let's focus on doing at least one of the items listed above every day! Write a weekly schedule choosing which day you will do which activity:

Monday: _____

Tuesday: _____

Wednesday: _____

Thursday: _____

Friday: _____

Saturday: _____

Sunday: _____

You're Not Alone: Validating Your Feelings

While there are so many ways to still feel good during this time, there is no doubt that these times are incredibly challenging. Any emotion you feel is right and important, even the not-so-good feeling emotions. One good aspect of the virus is that every single person on this earth is in the same situation.

Some things to remember:

1. Feeling lonely is super normal. We are all required to be away from each other right now, and that is really hard. Interacting with others is an important part of being happy. But looking at the Social Time worksheet can help you brainstorm ways to keep up relationships that you love.
2. Feeling sad and missing your old routine is okay! All of us miss how our lives were before the coronavirus outbreak. But there are so many awesome ways to maintain a similar lifestyle until it is time to return to normal.
3. Not having an end-date is really hard! We all want to know when this all will be over and we can return to our normal lives. We don't know when that date will come, and it makes it so much harder to deal with. But trying to plan our daily routines with activities that make us feel happy can help us appreciate our time until everything goes back to normal.