

So you've been asked to quarantine ...

We want to make sure that you stay healthy and happy during your time away from school. Here are a few ideas that will help you maintain wellness and increase your happiness.



- **Find ways to connect with others:** make phone calls to relatives, write cards/letters to friends, serve someone else while maintaining appropriate distance and staying home by pulling weeds, making a treat, sending a thank you card, or doing a household chore
- **Take care of your body:** get dressed, take a bath or shower, brush your teeth, eat regularly, drink water
- **Stay active:** move your body, exercise, get some sunlight, and take breaks to walk outside or around your house (like you would do at school between classes, at recess, or during lunch)
- **Sleep 8-12 hours per night** and turn off screens an hour before bedtime to help relax your mind
- **Stick to a schedule and make time for schoolwork:** continue to sleep, wake up, eat, and work at similar times as if you are still going to school in person
- **Create something new:** poem, picture, music, jewelry, dance, or craft
- **Learn something new:** read about a topic, try a recipe, learn about a musical instrument, or something else that interests you!
- **Hunt the good:** look for things each day that were good and try writing them down in a gratitude journal and/or try sharing it with someone else, you could text it to a friend or family member
- **Reach out if you are feeling sad, can't sleep, feel anxious, or feel lonely:** call your school, text through SafeUT, or text "home" to 741741, you can also call 801-587-3000 24/7 for help. Who else could you reach out to? List them here:
- You are an expert on your own wellness, **what other ideas do you have that could help you feel better?**

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