

Adjusting to Life at a Distance

The sudden change in home and school life due to COVID-19 can be frustrating and stressful, especially for students. Some of the things we depend on to keep us feeling good are suddenly off limits. Whether you enjoyed hanging out with friends in the lunchroom, playing a favorite sport, or going to a movie on the weekend, a lot of life's simple pleasures have changed. Read below for tips on ways to cope from a distance.

Healthy Coping Strategies at a Distance



Journaling – while it's tough to be separated from friends, try using this time to learn more about yourself. Try spending a few minutes reflecting about your day in a journal. If you have trouble getting started, jot down a few lines of your feelings or three things you're grateful for that day.

Exercise – physical activity boosts your mood and is healthy for your body and mind. It can come in many forms such as running, biking, or even just walking your dog. Now with time at home, you can also take advantage of trying yoga or an exercise class online.

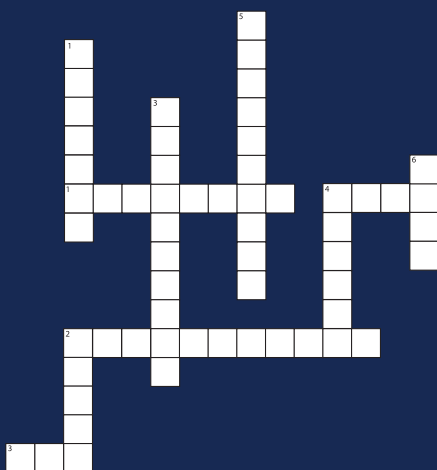


Hobbies – if your favorite hobbies involve gathering together (sports, drama, clubs), then this is the time to try something new. Try a virtual book club or learn a new skill through free online videos. Offer to fix something around the house or to cook a special dinner. The possibilities are endless!

Family Time – When is the last time you played a board game with your sibling? Or watched a movie with your parents? Now is the time to get reacquainted with the people under your roof.

Concerned About how a Friend is Coping?

Remember **ACT** as an easy way to help – **Acknowledge** what they're feeling, show you **Care**, and help them by **Telling** a trusted adult. Complete the below crossword puzzle with clues about ways to take care of yourself and your friends.



ACROSS

1. Walks or bike rides are examples of this way to stay healthy
2. When you see signs of trouble and realize it's serious
3. Three steps to help a friend in need
4. When you show your friend their feelings are important

DOWN

1. Activities you do for fun
2. A person who can help with problems is called a trusted
3. Writing down your thoughts and emotions
4. Healthy strategies to help you through hard times
5. A bond between two people
6. When you share worries with an adult so they can help

If you are concerned about yourself or a friend – reach out to **The National Suicide Prevention Lifeline**: Call **1-800-273-8255** to access free, 24/7, confidential support for people in distress, prevention and crisis resources. **Crisis Text Line**: Text **ACT** to **741741** for free, 24/7 crisis support.