

TAKING CARE OF YOURSELF DURING COVID-19

Checklist for living well during the period of confinement



Plan your day

Create a daily routine for every day of the week.
Stick to your regular sleep schedule including wake up and bedtime hours.
Use an agenda to help plan your daily activities.



Maintain a balanced lifestyle

Make sure you sleep and eat well.
Do physical activity (e.g. indoor cycling, floor mat or chair workouts, walking inside or outside if permitted).
Alternate between intellectual and fun activities.



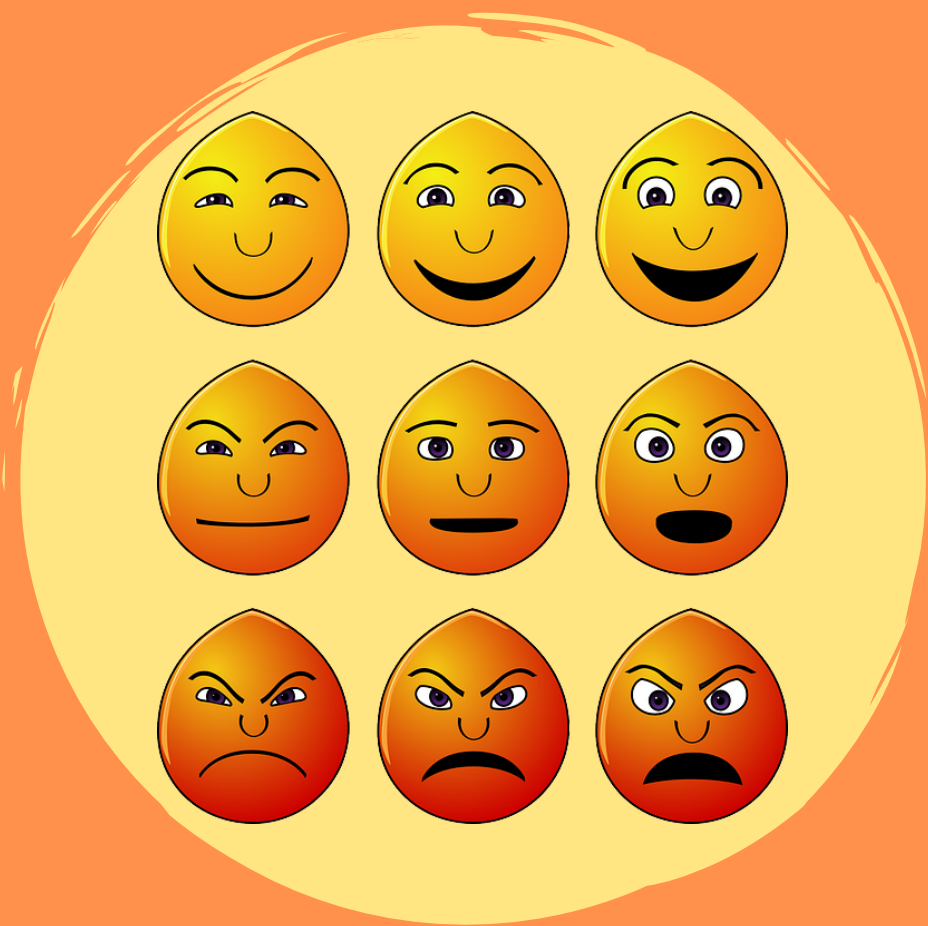
Enhance your sense of control

Take a shower, do your morning routine (e.g. brush hair, brush teeth) and get dressed.
Take care of your environment (e.g. tidy up your room).
Do activities that make you happy (e.g. read, draw, meditation).



Avoid excessive worrying

Avoid overexposure to media regarding COVID-19.
Schedule one or two periods each day to watch the news (e.g. at 1 PM and at 6 PM).
Validate the source of information, and if necessary, request assistance from a healthcare provider.



Manage emotions effectively

Sadness and anger are normal emotional responses.
Practice emotion regulation techniques (e.g. yoga, relaxation, mindfulness exercises).
Reach out to your social support network or professional resources.



Keep in touch with your family/friends

Use a telephone to make your calls. If possible, ask a staff member if you can contact your family or friends via video calls (e.g. Skype or FaceTime) so you can see them.