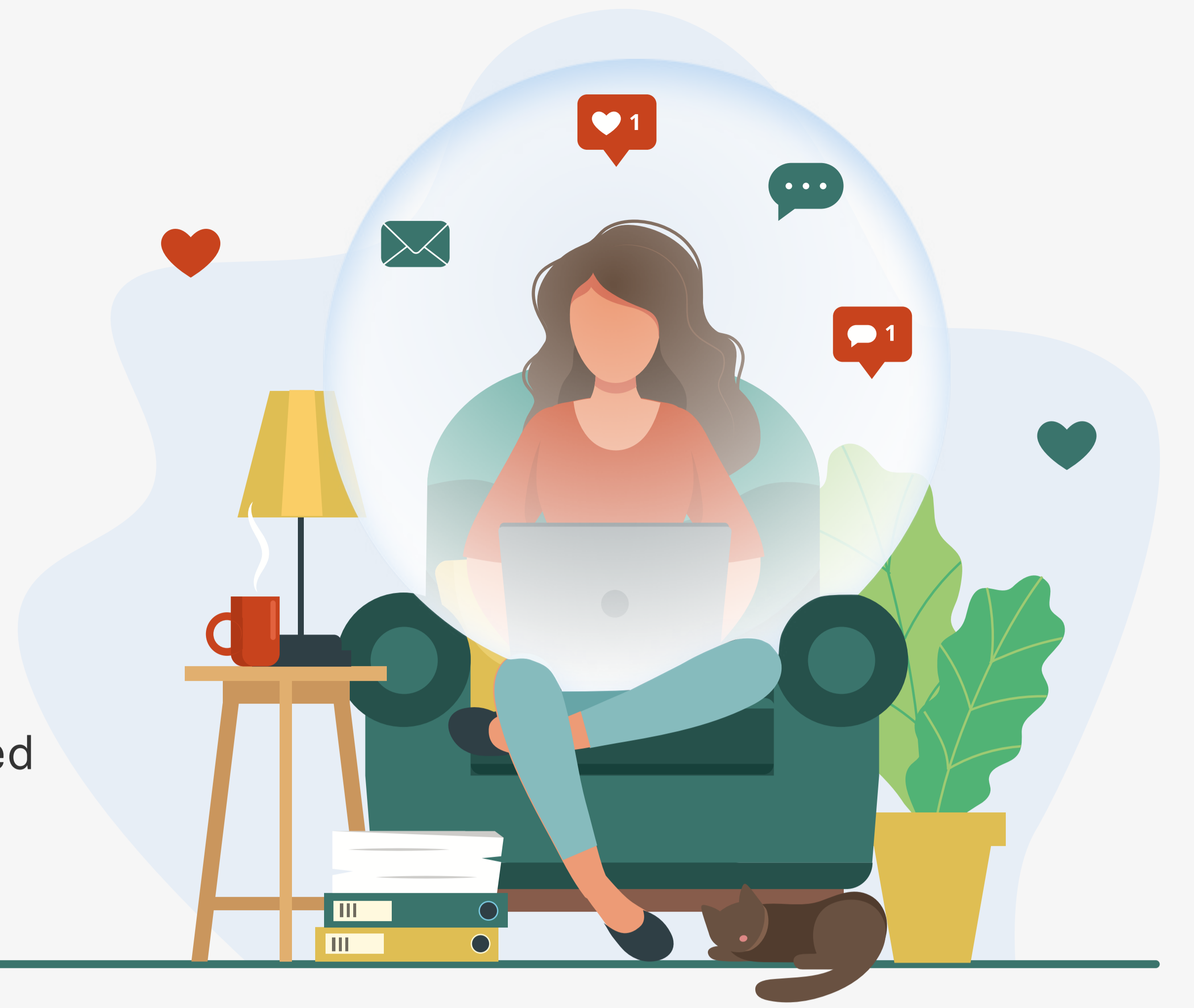


How to Self-Quarantine

Students might be in self-quarantine for the long haul. However, prolonged isolation can harm mental health, making it harder for students to stay focused on their studies. Here are our tips to help students self-quarantine effectively.



Create a Daily Routine

- Give your body and mind consistent things to do throughout the day.
- Create a schedule that works for you.
- Find ways to signal to your brain when it's time to be productive.



Eat Well

- Overeating junk food can reduce your immune response.
- Maintaining a healthy diet improves your overall health.
- Your mood can increase with healthier food consumption.



Keep Your Brain Active

- Isolation can adversely affect mental health.
- Keep your brain "in shape" with challenging or stimulating activities.
- Expanding your mind improves mental and physical well-being.



Find a Purpose

- Treat quarantine as a chance to work on something you care about.
- Focus on the task at hand instead of things outside your control.
- Staying present helps avoid overthinking about the coronavirus pandemic.



Stay in Touch With Friends and Family

- Social distancing can lead to feelings of loneliness.
- Virtual chats with friends and family help maintain connection.
- Regular social contact improves mental and emotional health.



Limit Time on Social Media

- Social media can trigger anxiety and depression.
- Limiting time on social media leads to better mental health outcomes.
- Cutting down social media usage can help you focus on your studies.



Get Some Exercise

- Regular exercise improves mood and cognitive functioning.
- Aerobic activities increase blood circulation and oxygen flow in the body.
- Working out helps fight off potential illnesses, including COVID-19.



Remember to Treat Yourself

- You won't be productive every day, and that's okay.
- Relax your mind and body by doing things like reading, cooking, or meditating.
- Let go of expectations and enjoy the moment.