

SELF-CARE FOR NHHS TROJANS

Easing Anxiety During Covid-19



DON'T FORGET TO TAKE CARE OF YOU!

MAKE A SCHEDULE + ORGANIZE



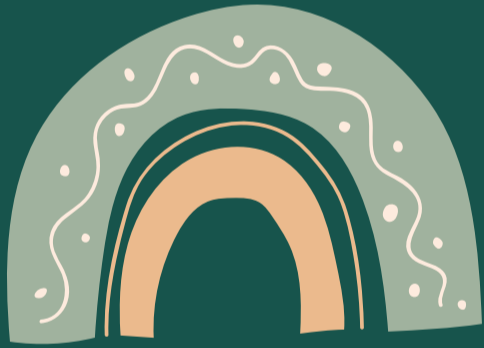
You have probably realized how much different days feel without a routine. Things can be much more manageable with a routine, so try scheduling out your day. When you've done that, schedule your week! Try to create a space to do your work that is clean and organized so you can focus and work efficiently.

TAKE A BREAK FROM YOUR PHONE + TV

With social distancing, it is only natural to find ourselves on our phones more to connect with others. We may also find ourselves watching TV a lot. Do this, but do it in moderation. Try turning off your phone and TV for a few hours each day. Accomplish something you've been meaning to do for a while, play a game with siblings or read a book instead. Get creative!



GET GOOD REST



It may be easier to stay up late since you don't have to be in the school building the next day. Don't be fooled! A lack of sleep can make you feel stressed and not as focused. Try to get a good night's sleep and you'll thank yourself... especially when we go back to school!

TAKE A WALK + MOVE

Take a break every once in a while. Go outside and breathe some fresh air or get some exercise. Try to eat healthy and give yourself some credit for what you have accomplished. Try this breathing exercise if you feel overwhelmed:
Close your eyes. Sit straight up with your palms facing upward.
Inhale for 4 seconds. Hold it for 4 seconds.
Exhale for 4 seconds. Pause for 4 seconds and then repeat a few times!



CREATE AN UPLIFTING PLAYLIST



Take a little time each day to listen to music that makes you feel good. Keep music on in the background while you complete assignments if it does not distract you. Try listening to a podcast on an educational topic or mindfulness if that is more your style!