

## HEALTHY AT HOME GUIDE

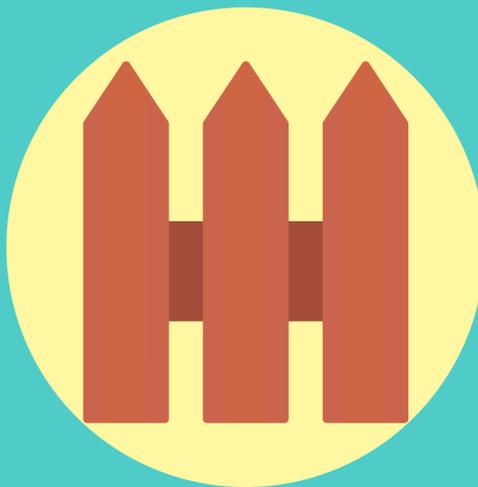
Sometimes being at home is a blast and other times it can feel isolating.

There are a whole new set of issues to think about when you are required to be home for long periods of time, especially if you have to balance online schoolwork. Check out the tips below to learn how to stay healthy at home.



### SLEEP

Maintaining good sleep health is crucial for wellness in all other areas of life!



### BOUNDARIES

It is easy to cross boundaries when you are spending most of your time in one place.



### ORGANIZATION

Staying organized is a great way to keep your stress levels down and manage the work that you are assigned.



### TAKE BREAKS

Most people do not have the attention span to sit down for hours upon hours and work. Taking breaks ultimately makes you more successful in the long run.



### MENTAL HEALTH

Though your environment may stay the same, your mental health can go through a lot of changes in isolation. Use resources to help you through tough times.



### STAY CONNECTED

Just because you are not physically with your friends or mentors does not mean you can't stay in touch! Reach out to them and check in!

# HEALTHY AT HOME

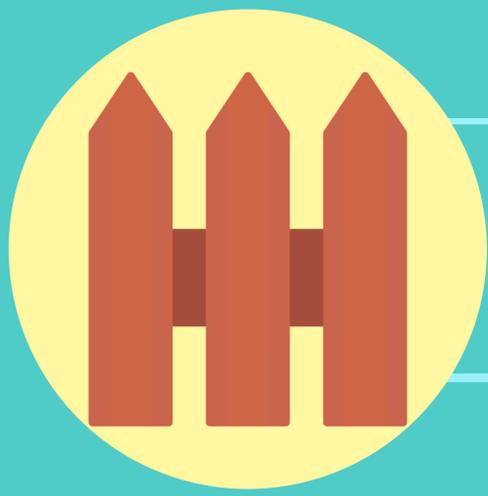


## SLEEP

Did you know that you can sleep too much? It seems impossible if you find yourself always tired, but it is true! Sleeping too much has been linked to several health concerns including depression. Healthy sleep behaviors help to support your efforts to remain healthy in all other areas of life.

### HEALTHY SLEEP BEHAVIORS

- Wake up & go to bed at the same time each day. Sticking with a schedule helps you to maintain balance.
- Make your bed each morning. This has been proven to boost mood & reduce anxiety.
- The only activity you should do in bed is sleep. Leave reading & doing schoolwork for a different location in your home. Your brain associates places with certain activities. Teach your brain that when you go to bed, it is time for sleeping only.
- Avoid sleeping for too long. Most young people need 7-9 hours of sleep per night.
- Avoid caffeinated beverages before bed.
- If you find yourself unable to sleep after 30 minutes, get out of bed and try a different activity, like reading, until you find yourself tired enough to try again. Again, teach your brain that bed is for sleeping - not worrying.
- Avoid screen time when you are in bed. Several studies have shown this keeps you awake longer.
- Avoid sleeping with the TV on. The light and sound can keep you from ever achieving restful sleep throughout the night.
- Avoid naps late in the day & keep them to 45 minutes or less. Napping for too long during the day confuses your body, and can trick it into thinking it is bedtime, making it harder to sleep at night.



## HEALTHY AT HOME

# BOUNDARIES

Boundaries are super important on a regular basis, but even more important when you are required to live all parts of your life in one location. Letting everything have its place is the best way to maintain balance and avoid feeling overwhelmed. Let's discuss some healthy ways to set boundaries in 3 common areas.

### PHYSICAL

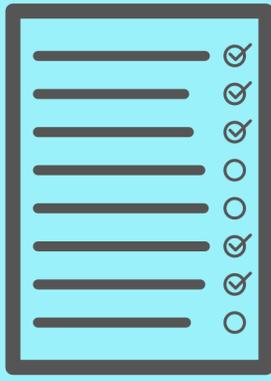
Physical boundaries refer to your personal space. This includes things like your personal space bubble, your bedroom, and your home. It is important to separate different things that you do in your home. Some examples include: only sleeping in your bed, only eating at the dinner table, and choosing a quiet place in your home to do your schoolwork that is not associated with other things. (No eating or reading in bed!)

### EMOTIONAL

Emotional boundaries are the hardest to manage. You can think about your emotional boundaries as your feelings. Getting annoyed at your siblings? Friends texting you too much? Feeling upset and losing your cool? These are all situations where you should take note & take a break. Take a walk, listen to some calming music, put your phone down, take a shower, journal, or do something artistic. Taking a moment to reset and make space for yourself to feel is an important way to maintain that boundary.

### TIME

Getting sucked into Netflix for 8 hours and getting behind on your schoolwork? Without bells signaling class changes, it is hard to know when is the right time to switch it up. Work out your time boundaries by creating a schedule for yourself to work from each day. This will help you remember to eat lunch before 2pm and to go to bed on time. Have you seen an increase in your screen time? Try reading a couple of chapters in a book every day instead.

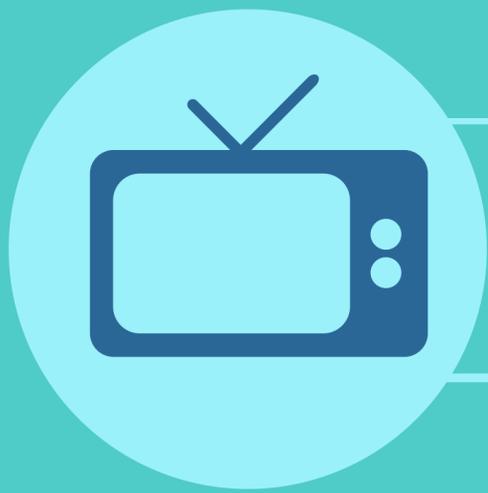


# ORGANIZATION

Going from in-person to online schoolwork is a big change. Without set guidelines, it can be hard to motivate yourself to keep up with tasks. Planning, organization, and time management are all important in maintaining balance and not becoming overwhelmed. Check out some tips & resources below.

## TIPS

- **Make to-do lists.** Writing everything down in one place helps memory & reduces feelings of worry. It also feels awesome to cross them off!
- **Plan out your work.** Giving yourself 5 hours to read one page or 5 minutes to write a paper seems like a bad idea. But this is often what happens when we do not break down the work we have to do and think about how long each task could take. Avoid stressing yourself out by planning out what you need to do and when you are going to do it. Check out <https://www.mystudylife.com/> to find a great virtual planner.
- **Schedule in breaks, meals, & fun time.** By making these activities a part of your daily schedule, you can make sure you are eating on time, that you aren't working on one thing (or watching Netflix) for too long, and avoid feeling guilty when you are having fun.
- **Avoid multitasking.** By multitasking I mean being on your phone while doing work, watching TV while doing work, and trying to work on more than one thing at a time. It is proven that if you focus your attention on one task instead of many, you end up getting everything done faster and at a higher quality.
- **Use your resources when you are having trouble.** Messaging your teachers, YouTube videos, and Khan Academy are all great ways to find information if you are lost or struggling. Ask for help!
- **Work with others virtually when possible.** Friends make everything better. Just because you are physically apart does not mean that you are alone. We are all in this together :)



## TAKE BREAKS

Taking breaks is crucial to maintaining healthy time boundaries and ensuring you have enough fun! Aim to take a 5-15 minute break for every continuous hour you spend on one activity. Check out some break ideas below.



**Try Rainbow Yoga:**

<https://www.youtube.com/watch?v=dF7O6-Qablo>



**Watch live cams of zoo animals:**

<https://zoo.sandiegozoo.org/live-cams>



**Take some virtual art tours:**

<https://artsandculture.google.com/>



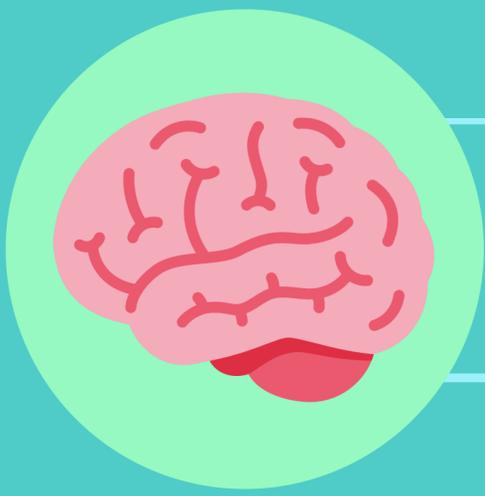
**Try a guided meditation:**

<https://www.youtube.com/watch?v=inpok4MKVLM>



**Write, draw, paint, or create something wonderful!**

# HEALTHY AT HOME



# MENTAL HEALTH

"FEEL YOUR FEELS" - TYLER COLLIE

Mental health should always be considered, but is something you should give extra attention to in difficult times. It is normal to feel overwhelmed, stressed, and exhausted when living in serious and ever-changing circumstances. Below are some things YOU can do for YOURSELF. That is why it is called SELF-care! (You are strong & brave & I love you all!)

## ADD TO YOUR LIFE

Try to add positivity to your life rather than think about all of the things you need to quit doing. Instead of making a goal to worry less, try to laugh more.

Start a new hobby, watch shows/movies that make you happy, create positive posts to share with others on social media. You ARE sunshine & rainbows.

## PRACTICE HEALTHY BEHAVIORS

There are many things in life that you cannot control, but many you can. You are in charge of your own behaviors, and putting in the effort to care for yourself is the easiest way to improve your mood.

Shower daily, put on a new outfit, practice active boundary setting, & use apps like MindShift or SmilingMind.

## THINK HELPFUL THOUGHTS

It is easy to get caught in a worry tornado, but I challenge you to try a different approach. Ask yourself "Is this thought helpful to me?" If no, try to change it or think about a thought or behavior that would be helpful to you.

Fun Fact: One study showed that 91% of the things we worry about never happen.

## GROUND YOURSELF

Remember that you are living and breathing in the here and now. You have survived 100% of your worst days.

Put both feet on the floor.  
Give yourself a butterfly hug.  
Say to yourself, "I am strong."  
Breathe. In for 5 seconds, hold it for 5 seconds, breathe out for 5 seconds.  
Repeat.

**Note: If you are experiencing an emergency you should contact 911.**

**National Suicide Prevention Hotline: 1-800-273-8255**

Created by Tyler B. Collie, MA, NCC for WVU Upward Bound



## HEALTHY AT HOME

# STAY CONNECTED

Humans are social beings by nature. We feel safest when we are around the people we love. During times when it is not possible to hang out in person, get creative with ways to stay in touch. We are all in this together!

**Message or call someone you haven't talked to in awhile.**

**Create a book/movie club with friends/family.**

**Play board games or cards.**

**Learn a new skill from YouTube or start your own channel.**

**Create a virtual study group on Google Hangouts.**

**Write letters or make cards for others.**

**Have a Netflix Party.**

**[Netflixparty.com](https://www.netflixparty.com)**

**Work on your ~influencer~ game by spreading positive vibes on social media.**

**Play online videogames.**

**Start a new Instagram dedicated to a new hobby/interest.**

**Try some new apps to chat about:**

**MindShift  
SmilingMind**

**Have a hydration challenge with friends.**

**Download the WaterLama app**