

Tips for Students

FOR EXTENDED TIME AT HOME

- **Stick to a routine.** Post the routine somewhere visible if needed. Keep your routine similar to what you normally do each day. Wake up, shower, eat breakfast, and prepare for the day ahead.
- **Set up a place to work each day.** Having a set place trains your brain to know when it's time to work. It doesn't have to be an entire room. It just needs to be a set place where you work with and store your materials/supplies.
- **Take breaks.** Add breaks to your daily schedule. Don't stare at screens or sit in one place for too long. Take a walk, go outside and play, or eat a snack.
- **Check-in with a Friend.** Reach out and talk to a friend. Set a time to text/message or video chat.
- **Try new things.** Has there been something that you have wanted to try but never had the time before? Now is the time to try something new. Try a new craft, start a new book series, break out board games to play with the family, or work on a jigsaw puzzle. Try finding interesting online activities – animal cameras at zoos, virtual museum tours, etc.
- **Get plenty of Sleep.** If your day is not structured, sleep patterns can be impacted. Be sure to get enough rest each night by sticking to a sleep schedule. If you have trouble, there are some apps that can be helpful such as Calm or apps that play white noise.
- **Stay positive.** Remember to laugh and have fun. Find some time to do things that bring you joy. You are not alone (even if you feel like you are). Remember to reach out to your support system of people that care for you and want the best for you.