

How to Cope with Staying at Home

Take care of your mind



Constant, searching, scrolling or consumption of coronavirus news can make you feel more afraid and powerless. Take breaks from media coverage and use [CWRU Health Updates](#) page for new developments rather than checking possibly unreliable sites.

Reach out for help

There's no way around it, things are stressful right now. If what you're feeling feels bigger than what these techniques can support, seek help from a professional. University Counseling Services offers all students a 24 / 7 Counselor on Call line at 216.368.5872.



Increase your feel good activities

Whether it's mindfulness, talking to your friends and family members, going for walks, journaling, painting, build a puzzle or watching Netflix, now is the time to increase positive experiences in your daily schedule.

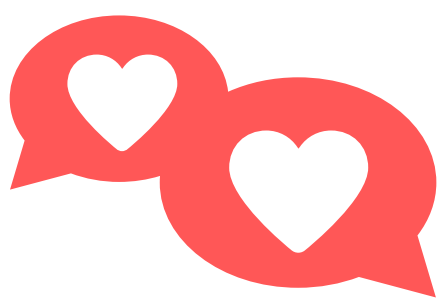
Maintain a routine as much as possible

Try to maintain a schedule throughout the day. Start the morning with creating a schedule that consists of school, activity, socialization, fun and relaxation. Get up in the morning and shower and dress as you would as if you were going to class.



Social distancing does not mean social isolation

Reach out to others and offer support, empathy, information and, if possible, tangible help. Stay connected using technology such as video chat, Zoom group calls, and texting. Personal relationships are crucial in maintaining perspective and elevating mood.



Take care of your body

Eating healthy meals, exercising, getting at least seven hours of sleep a night and limiting your alcohol consumption can help your immune system. If you are able to maintain a safe distance (and the weather cooperates), try to go outside. Regular exercise (inside or outside) can reduce anxiety.



Take Breaks

Play a game. Watch a movie. Take a [virtual yoga class](#). Try a [meditation app](#). Many museums, parks and zoos are even offering [free virtual tours](#).



Important Contacts:

24 / 7 Nurse on Call 216.368.2450
24 / 7 Counselor on Call 216.368.5872
On Campus Emergencies 216.368.3333



DIVISION OF
STUDENT AFFAIRS
CASE WESTERN RESERVE
UNIVERSITY

University Health
and Counseling Services