

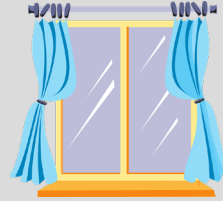
MSE Students Coping with COVID-19

-12 ideas from the MSC Occupational Therapy Assistant class of 2020 to improve your mental health during quarantine and social distancing-

Explore new skills and hobbies. Branch out and try something new!



Open all shades, curtains, etc. on sunshine and rainy days to let natural light in.



Spend some time each day meditating or doing yoga to clear your mind.



Re-connect with family and friends via Facetime or phone call.



Make/Download a playlist of your favorite songs and listen to it as you clean or do activities around the house and outside.



Take the time to make healthier meals and snacks that give you more energy.

Consider making a daily exercise routine to improve your physical well being.



Keep a to do list to help keep you on task, but also so that you can see your accomplishments.



Play board games and card games with those in your household.



Take advantage of sunny days. Get outside and take a walk or relax in a hammock or lawn chair.



Take this time to read a book you haven't had the chance to read lately.



Take time to organize and clean your room/home. A clean area makes you feel more free!

