

## Emotional Wellness During the COVID-19 Outbreak

# 10 Tips to Stay Happy and Healthy

Everyone handles stress differently during these uncertain times. Use these tips to help you stay on track.

1. **Create a Routine-** Write down your schedule including obligated times such as online class times. Pencil in flexible time for sleep, personal affairs and recreation. Wake up at the same time each day and be sure to change out of what you've slept in- even if it's in to a clean pair of pajamas.
2. **Identify What is Important to You-** Time is valuable. Good time management is a tool that can give you more chances to accomplish what is important to you. Create a space free of distractions for study, and remember to make time for fun things too.
3. **Make Sleep a Priority-** Be consistent with your sleep schedule. Sleep is important and can impact your emotional wellbeing. Create a relaxing bedtime routine and put away all electronics before you get in bed.
4. **Get Outside-** If you are able to go outside and maintain a safe distance from others, get outside! Take regular walks outdoors. Moderate sunlight may help improve your mood.
5. **Listen to the Experts-** Use critical thinking skills when reviewing online information and refer to trusted news sources.
6. **Stay Up to Date, But Limit Media Exposure-** It is important to understand current events. However, with access to 24-7 news, it is also important that we limit our exposure.
7. **Ask for Help-** You are not alone in feeling stress. Worry and anxiety are common problems. The current COVID-19 outbreak has increased stress for many of us. Here is a [guide](#) to help you learn how to live with worry and anxiety amidst global uncertainty.
8. **Treat Your Body Right-** Eat a balanced diet, get enough sleep and exercise regularly.
9. **Break Up Your Day-** With work or study, plan breaks if you are working for long sessions. Reward yourself for small accomplishments. Relax, have your favorite snack or participate in a safe activity that you enjoy.
10. **Focus on the Positives-** It is difficult to plan for the future amidst so much uncertainty. Try to focus on the positives and the issues you can control. Let go of what you can't control.

Adapted from: International Student Insurance "Emotional Wellness During the COVID-19 Outbreak For International Students" (<https://www.internationalstudentinsurance.com/explained/mental-health/emotional-wellness-during-covid-19-outbreak/>)