

Everyone can do their part to be mindful of

Social Distancing.

1. Space between you and others -2 arm lengths.
2. Purell prior to entering and leaving common rooms Dining room, recreation room, lounges and craft room.
3. When entering your room to lay down, wash your hands and then remove your socks before going into bed.
4. At mealtime: Space self from person before you or sit at table and wait for staff to call you up for your tray.
5. Use own golf pencil to complete menus and carry it with you to groups.
6. Stand away from med room door or med cart and wait for nurse to call you over to get your meds.
7. Do not lean on front nurses' desk. Let the unit secretary know you want to see your nurse then move away until nurse comes to desk to talk to you.

Are there other things you can do to be mindful of social distancing?

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What do you have to do to be mindful of social distancing when discharged?

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**State's free mental health counseling services available to anyone by calling the COVID-19 Emotional Support Hotline at 1-844-863-9314. These volunteer mental health professionals stand ready to help you reconcile the emotional ramifications and stressors resulting from the coronavirus crisis.**

## MENTAL HEALTH WELLNESS TIPS FOR QUARANTINE

1. Have a routine. Create a schedule for the following day.
2. Dress for the social life you want, not the social life you have.
3. Get out at least once a day, for at least thirty minutes. See a sunrise or sunset.
4. Find some time to move each day, again daily for at least thirty minutes. Take a socially distance walk around the block.
5. Reach out to others at least once daily for thirty minutes.
6. Stay hydrated and eat well
7. Develop a self-care toolkit. Sensory (aromatherapy, weighted blanket, journal, mandala to color, meditation and mindful ideas).
8. Spend extra time playing with children. (card game, board game)
9. Give everyone the benefit of the doubt, and a wide berth. (Everyone is doing their best to make it through this).
10. Everyone find their own retreat space.
12. Focus on safety and attachment.
13. Lower expectations and practice radical self-acceptance. Accepting everything about yourself, your current situation, and your life without question, blame, or pushback.
14. Limit social media and COVID conversation, especially around children. Find a reliable source and limit your watch time a day.
15. Notice the good in the world, the helpers.
16. Help others. Find ways, big and small, to give back to others.
17. Find something you can control and control the heck out of it. In moments of big uncertainty and overwhelm, control your little corner of the world.
18. Find a long-term project to dive into.
19. Engage in repetitive movements (knitting, coloring, painting, clay sculpting, jump roping, running, drumming, skating, hopping, etc....) can be effective at self-soothing and maintaining self-regulation in moments of distress.
20. Find an expressive art and go for it. (Look on you tube for craft ideas and instruction. i.e.: Jell-O playdough)
21. Find lightness and humor in each day
22. Reach out for help—your team is there for you.
23. "Chunk" your quarantine, take it moment by moment. We don't know what this will look like in 1 day, 1 week, or 1 month from now.
24. Remind yourself daily that this is temporary.
25. Find the lesson What can each of us learn here, in big and small ways, from this crisis? What needs to change in ourselves, our homes, our communities, our nation, and our world?