

10 Ways to Manage Social Distancing

A Guide for UCM Students

1. TAKE BREAKS FROM OTHERS

If you live with others, take breaks from each other. For example, let each person have the living room to themselves for a while. But don't separate to the extent that people stay in their own room for eight hours.

2. BUILD A ROUTINE

We're creatures of routine, so build a routine for this new normal. To keep down anxiety, routine is one of the key pieces.

3. HAVE THEMED NIGHTS

Families/roommates can find things to do together. There can be game night and movie night or just hang out and have conversation night.

4. CHECK THINGS OFF YOUR TO DO LIST

Use the extra time to knock some items off your to-do list. What have you been putting off until you had more time? Deep cleaning? Donating unneeded or unused clothes?

5. GET SOME EXERCISE

Preferably outdoors! Regular exercise for mild to moderate depression is as effective as anti-depressants. Even if the gym is closed, it doesn't mean you can't walk outside your door.

6. GET CREATIVE

If you live alone, it's a good time for creative thinking. Is this the time that you read that book you've been wanting to get into? Or start doing yoga, or meditating, or drawing?

7. PRACTICE GRATITUDE

Research shows that this builds up resilience in trying times. Ideally, write down what you're grateful for in your own handwriting. Not just that you like the sunshine, but what you love about it.

8. LAUGH

Watch a funny movie, video, TikTok, anything that makes you smile.

9. PRACTICE RANDOM ACTS OF KINDNESS

Do something kind for yourself or for someone else.

10. BALANCE INFORMATION WITH BREAKS

Sure, follow the news about COVID-19. Stay up to date. But don't follow it to the point that it becomes an addiction.

Support is a phone call or click away

You are a valued member of the UCM community, and your health and well-being are important to us.

We're here to assist you if you need help.

- **Counseling Center:**
660-543-4060, ucmo.edu/cc
- **Public Safety:** 660-543-4123
- **University Health Center:**
660-543-4770, ucmo.edu/uhc