

# TIPS FOR HANDLING ISOLATION AND QUARANTINE AT UW-PLATTEVILLE

## TAKE CARE OF YOUR BODY

- Make sure that you are sleeping enough and eating regular meals in order to your body heal and fight off stress<sup>3</sup>
- Take extra rest breaks if you are noticing you are more tired or fatigued
- Make sure to stay hydrated

## ENGAGE WITH OTHERS VIRTUALLY

- Reach out friends and family through virtual means.
- Schedule a virtual game or video chat

## ADD SOME FUN ACTIVITIES TO YOUR DAY

- Have a dance party in your space
- Watch YouTube, TikTok, or your favorite movie or TV Show
- Listen to your favorite songs

## TRY TO STICK TO A REGULAR SCHEDULE IF YOU CAN

- If possible, try to maintain your class and study schedule.
- If due to sickness you are unable to attend class reach out to your instructors or Dean of Student's Office to assist you in managing your class absence

## FOCUS ON THE THINGS IN YOUR CONTROL

- Carefully pick the thoughts you chose to focus on
- Things are difficult today, but will be different in the future
- Express gratitude

## SEEK HELP WHEN NEEDED

- Follow directives provided by Student Health Services
- If you are having difficulty controlling your worry, stress, or emotions during isolation or quarantine, consider participating in some of the activities provided by University Counseling Services
  - Tuesdays at 12:30 am-20 minute virtual mediation
  - Wednesday at 4 pm- Drop-in anxiety and stress skills group
  - Thursday at 11:30 am- Isolation and Quarantine Support Group
- Follow University Counseling Services Social media accounts for some daily doses of positivity and helpful hacks to improve your mental health along with updates about virtual activities
  - Facebook @UWPUCS
  - Instagram @UWPUCS
- Contact Student Health Services at 608.342.1891 to schedule an appointment with a UCS counselor