* **Maintain your routine**: If you are working from home or a modified schedule, still ‘act as if’ you are going into work by getting up, taking a shower, eating a breakfast and getting dressed. Even if you are in more comfy clothes, try not to turn your PJs into a daily outfit.
* **Stick to your sleep schedule**: As much as we all feel out of sorts and may stay up later or sleep in longer, it’s best to try to stick with your sleep schedule you had pre-COVID-19 and social distancing started. Sleeping in a bit longer or going to bed a little later is fine, but try to stay within about an hour of when you got up/went to bed.
* **Use your extra time to focus on wellness**: If you have more time in the morning and afternoon due to no commute, consider using that time for something that brings you some replenishing. Maybe that is sleeping in a bit, getting up and going for a walk or taking an afternoon stroll in the neighborhood, doing yoga or stretching that you would have done at the gym or take some time to focus on the day and meditation (or just being quiet and breathing to ground yourself).
* **Go outside**: Even if we can’t go around town like usual, try to go outside every day for a period of time. Soak up the sun we have been blessed with lately, move your body with walking or jogging, play with your furry children/human children in the yard and take walks in the neighborhood.
* **Call and reach out to people more**: We are so used to texting and social media messages, that we aren’t often calling people these days. This might be the time to do more Facetime, calling each other and feeling more connected by hearing each other’s voices. We will feel less isolated the more we reach out to each other.
* **Focus on what you can control**: Many things are out of control most days, but right now feels we are losing control more than ever. Despite the things we can’t change, focus on what you can do: eat well, sleep well, do things that bring you joy, be gracious and kind to each other, stay away from others to save lives, watch good tv/movies and keep your body moving (even if it’s just dancing in your living room to your favorite jams). Also be mindful of how much and what news you are consuming, be informed but better not to be inundated with fear-based information.
* **Avoid future tripping**: It’s easy to get panicked when we think about the ‘what ifs’ of what will be in our coming weeks and months. The best thing to do when we are worried about the future and the unknowns is to focus on the moment and the present time.
* **Laugh**: Remember to laugh, enjoy your family and the little things right now that are hilarious. Share funny memes you see about social distancing, watch your favorite comedy and allow yourself some time to enjoy the parts of life we still can participate in. Try to focus on what we are grateful for as we have lost many things for a period of time we have taken for granted.
* **Stick together:**  Assume people are doing the best they can and we are all trying to figure this out together. We might not have all the answers and be patient with folks who are trying to provide clarity in times of a lot of uncertainty. Everyone is experiencing stress and we all need to extend graciousness, patience and kindness during these tenuous times.