

How to Maintain Stability At Home During Covid-19

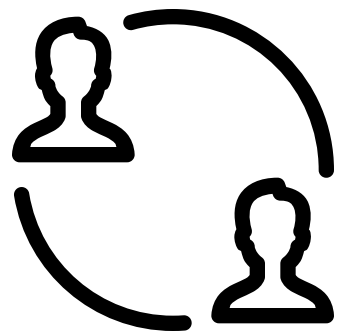


KEEP A HEALTHY ROUTINE

Get up in the morning, get dressed and start the day off in a healthy way. Find a dedicated space. Don't stay in bed or on the couch when working. Going to bed at a reasonable time and getting traditional sleep will help maintain a healthy routine.

CONNECT WITH OTHERS

Continue to be an engaged member of the community and connect with others as much as possible. Isolation exacerbates a lot of anxious and depressive feelings.



FAMILY TIME

Limit technology and spend time with family. Talk about topics that are not coronavirus related. Maintain healthy boundaries, but do not isolate yourself. Play a board game, camp out in the living room or plan a themed dinner.

PHYSICAL ACTIVITY

Spend time outside, go for walks and play in the yard without coming in contact with others (avoid public places). Many studies have shown that maintaining consistent physical activity improves one's mood and mental stability.



EATING HEALTHY

Limit junk food and focus on consuming healthy options to help stay focused and sustain your energy. Try to resist the urge to snack all day. Look up a recipe and try something new.

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