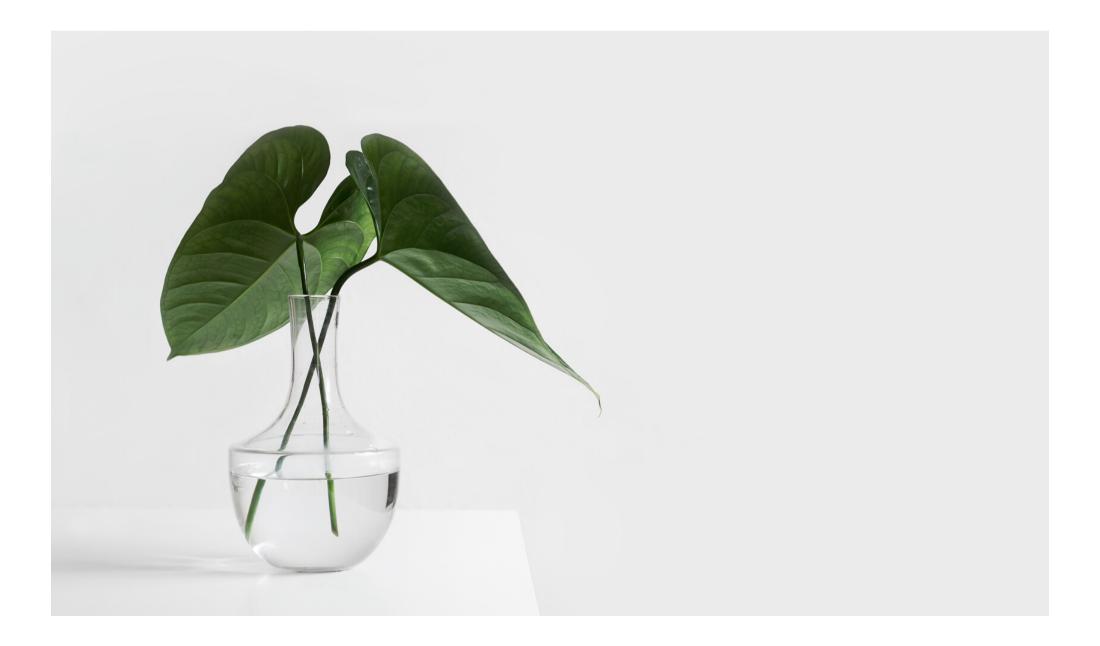
Cabin Fever is hitting hard...

HERE ARE 8 THINGS TO DO WHEN YOU FEEL COOPED UP, ISOLATED, AND ALL AROUND CRAPPY.

Open your windows and shades



Sunlight and fresh air can go a long way in keeping your mood up.



Try Sticking to a somewhat normal schedule

Anyone else accidently make a cup of coffee at 7pm instead of dinner? Time becomes an illusion real quick, keep some consistency in your day.



SPEND MORE TIME ON A HOBBY YOU LOVE.

Remember when you never had time to indulge in your favorite hobbies? Now's your guilt free chance!



Get outside.

SET REMINDERS ON YOUR PHONE TO GO FOR WALKS (PRACTICE SOCIAL DISTANCING OF COURSE)

Stay Social

Facetime, Zoom, Skype are your best friends through this time.



AVOID DISCUSSING

WATCH SOMETHING BESIDES THE NEWS

SET "NO CORONAVIRUS TALK" BOUNDARY TIMES



Write down your thoughts

During isolation we can get *really* in our heads, writing everything down helps. Don't worry about creating a whole story--free write or scribble down words or emotions without putting them into sentences



Lastly, go easy on yourself

IS KEY TO GETTING COMPLETELY GOING CRAZY.

Basically, do what you can, but don't pressure



HAVING SELF-COMPASSION THROUGH THIS WITHOUT

This presentation is in reference to the article

"17 Things to do if you feel cooped up, isolated, and all around crappy"

ARTICLE BY : ANNA BORGES))) | all

> https://www.self.com/story/stuck-insidemental-health-tips