

# Cabin Fever is hitting hard...

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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.

01

# Try Sticking to a somewhat normal schedule

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

02



03

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)

04

# Stay Social



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

*MUTE CHATS*

*AVOID DISCUSSING*

*WATCH SOMETHING BESIDES THE NEWS*

**SET "NO  
CORONAVIRUS  
TALK" BOUNDARY  
TIMES**

06

# 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

07



# Lastly, go easy on yourself

HAVING SELF-COMPASSION  
IS KEY TO GETTING  
THROUGH THIS WITHOUT  
COMPLETELY GOING  
CRAZY.

Basically, do what you can, but don't pressure  
yourself to go on like everything's normal.

08

**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**

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<https://www.self.com/story/stuck-inside-mental-health-tips>