

STAY CONNECTED!

tips for teens to thrive during social distancing

Set a schedule

Routines reduce anxiety.

Be tech smart

Call and talk instead of text. Limit news coverage and negative messages. Too much can be overwhelming.

Keep moving

Move around and exercise daily. Try a plank or a pushup challenge with a friend. Exercise reduces stress!

Check in

If you feel lonely or stuck thinking too much, reach out. Ask someone to call you every day. Check on folks who might be lonely or isolated. Try apps like Headspace or Rootd.

Journal

Write stories, poems, songs. Share them or keep them.

Make plans

Think about goals. What kind of person do you want to be? What kind of problems do you want to solve? Are there things you can do now to help you get there? Research colleges or tech schools you might want to attend.

be helpful:

- Reach out to older folks (by phone and text), it will help them and you
- Lift people's spirits - use your energy to dance, sing, play music and inspire joy!
- Prevent bias - interrupt if you hear blaming or shaming. We are all fighting this virus together, be part of the solution.

Stay Positive!

learn something:

- a new language (try Drops)
- teach yourself to cook
- sketch, draw, make anime, paint
- create beats or dances, share with friends
- give yourself a facial, a scrub, paint your nails
- if you can, get outside for fresh air
- zumba, yoga, meditation (try Calm)

stay safe and take care of each other!