

TWP QUARANTINE

a guide for wellbeing during COVID-19 by **THE WELLNESS PROJECT NYC**



BE WELL

Currently, there's a lot going on. While there are many things during this time that are demanding our energy, it's important to remember that **your own wellbeing should be high on that priority list**. Finding some normalcy in this highly abnormal time is key to feeling safer and more in control. Read on for some tips to foster wellbeing and build routine in a time that's anything but . . .

R-O-U-T-I-N-E

WHY BOTHER ?

- Helps **ADJUST** to a new environment
- **BALANCES** the change and uncertainty
- Creates some **NORMALCY** in abnormal times
- Increases **PRODUCTIVITY** and **FOCUS** during "work" times
- Helps **CALM ANXIETY** and **REDUCE STRESS**

HOW TO :

- Wake up / go to bed at the **SAME TIME** every day
- Try to **SYNC CIRCADIAN RHYTHMS** - live in tune with nature - get bright light during the day, limit light at night
- **MAKE YOUR BED** every morning
- **TURN "OFF"** at the end of the day - set start and end times for work
- Create a dedicated **WORK SPACE** (that's not your couch or your bed)

KIDZ CORNER

- Explain the quarantine in kid-friendly terms - "we're heroes for staying inside!"
- Set **BOUNDARIES** and rules early - closed door means no interruptions, conference calls mean quiet time...
- Aim for a **SCHEDULE** (key word : **AIM!!!**) for the kids
- Dedicate household "**QUIET TIME**" every day (even if your fam can only muster 5 min)
- Be open with colleagues (and **empathetic** of others)
- If possible, get kids outside for a bit each day - encourage time to make **NOISE + RUN AROUND**.

STAY FLEXIBLE

Don't be hard on yourself -- this is **NOT** about being rigid. Some days a routine will work, others it will be a mess. Form the framework, then let the rest flow...

QUICK HIT OF HAPPY : SELF CARE



MAKE YOUR SPACE ENJOYABLE. SURROUND YOURSELF WITH THINGS THAT MAKE YOU HAPPY... remember, we're all doing the best we can with what we have.

- **SCENT** : essential oils + candles (pro-tip: lavender oil is calming + eucalyptus oil is invigorating. invest in a diffuser, it's worth it!)
- **SIGHT** : happy pictures - print em and hang / tidy your space / add flowers
- **SOUND** : play nature sounds + tunes that make you feel happy

IN A RUT ? GET UNSTUCK .

Truth . . . if you weren't **FEELING BLEH** at times during this period of social isolation, you would have to be superhuman. Here are some ways to reenergize :

- **READ A NEW BOOK. JOURNAL. PLAY GAMES.**
- **ENGAGE ART** : take an [online art class](#) or tour [2500 museums](#) around the world (or pick just one!)
- **CREATE** : arrange flowers, paint, tie-die, color, sculpt - order creative tools online - they're not just for kids!
- **TAKE A CLASS** : from academic to creative to functional... **LEARN!** [ivy league classes](#) for free(!), [skillshare](#), [udemy](#), [masterclass](#), [greatcourses](#)...
- **GET GROUNDED** : find your bare feet on some EARTH
- **DOSE UP DOPAMINE** : perform [random acts of kindness](#) / physically check off a to-do list
- **FAKE IT** : force a smile / laugh it out (watch [Some Good News!](#) or follow [@goodnews_movement](#))



A NOTE FROM RACHEL + SARAH OF THE WELLNESS PROJECT NYC :

Caring for mental wellbeing during a time like this is SO very important. This means taking the time to set yourself up for success — find little ways you can create a sense of normalcy, stay inspired, and optimize your space for comfort. It's not about being happy all the time (impossible) and the current situation is out of our control. It's just doing your best to consider choices that affect how you feel. Small steps. Little wins. We hope this newsletter provides you with helpful ideas and resources to ease these strange days and look out for the next issue of the Quaranzine where we'll discuss **EMOTIONAL WELLBEING** — focusing on meditation, mindfulness, and tools for managing anxiety + staying connected to your community.

Of course, reach out with any questions - hello@twpnyc.com! Till next time, REALLY take care.

