

Student Counseling Services

COVID-19 14-Day Quarantine Coping Guide

Overview

Being in quarantine upon (-your arrival on campus, -receiving contact tracing information warranting the quarantine, -receiving a COVID-19 positive test) may be a novel and anxiety-provoking experience. One of the best methods of reducing anxiety, distress, and sadness related to anticipatedly distressing circumstances is to establish a plan for coping ahead. Student Counseling Services (SCS) has developed this resource to assist you in coping with your quarantine circumstances in a manner that facilitates your mental health and wellbeing. In addition to some guidance around establishing your coping plan we have included informational resources around COVID-19 and mental health.

Day-by-Day Quarantine Coping Checklist

Day 1: Keep yourself occupied and engaged by creating your plan for coping ahead and content for your coping tools

1. Develop some Self-Curated Collection Resources:

- Moving-Toward-Contentment playlist → make a list of (with linked/quick/easy access if it helps) at least 10 upbeat songs for moments when your mood needs boosting... this playlist may be used for easy listening and/or for a private or communal dance party here-and-there
- Marinating-In-The-Feels playlist → make a list (with linked access to) at least 10 songs for moments when you want to sit in the feels
- Daily Mindfulness Meditation List → using the resources in the Additional Coping Resources section of this document (beginning on page 7) or others, create a list of at least 14 mindfulness exercises, additionally you could incorporate any regular spiritual practices that are meaningful for you on this list
- Daily Workout Schedule → find guided workout videos (at least 14, 1 for each day) remember these are for use ONLY on the days you're feeling well enough for physical activity. You may use the free in-room exercises resource included in the Additional Coping Resources section of this guide (beginning on page 7)
- FME (For My Entertainment) Items → Have the things with which you typically like to occupy your mind and time, on hand
 - Podcasts

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- Books
 - Movies and shows
 - etc.
2. Go through the resources in the section entitled: Additional Coping Resources (beginning on page 7) following this section. Determine which of those resources you may want to include in your Day-by-Day Quarantine Coping Checklist
 3. Create a Quarantine Schedule that includes
 - Course work based on deadlines and your class schedule
 - You may also want to incorporate regular journaling time
 - This may serve as a means of emotional coping and processing (see the [SCS COVID-19 Journaling Resource](#))
 - This may also serve as a useful form of record keeping during these unprecedented times
 - Include in your schedule, the following items as DAILY activities:
 - Meals
 - Sleep
 - Physical activity (only when feeling physically well enough to do so)
 - Meditation
 - Remote social engagement time (this could be group, 1-on-1, friends, family, etc. it's up to you)
 4. Include in your schedule, the following items as meets your personal needs and academic demands throughout your 14 days:
 - Remote family engagement time - schedule time to connect with your family-of-origin and/or your chosen family members (both communal and 1-on-1 as needed)
 - Time for school work - remember it is important not to fall too far behind academically *and* if you find quarantine leads to more free time than you had before, it may be a great opportunity to work ahead and/or use work as a distraction
 - Time for entertainment → pleasure reading and watching

Day 2 To Dos:

- Regular Meals
- Physical activity (only when feeling physically well enough to do so)
- Meditation
- Schoolwork
- Remote social engagement time (this could be with a group of people, with just 1 other person, with friends, with family, etc. it's up to you)
- Something fun/entertaining

- Use of Self-Curated Collection Resources as needed
- Sleep
- Add your other activities (coping and otherwise) here!

Day 3 To Dos:

- Regular Meals
- Physical activity (only when feeling physically well enough to do so)
- Meditation
- Schoolwork
- Remote social engagement time (this could be with a group of people, with just 1 other person, with friends, with family, etc. it's up to you)
- Something fun/entertaining
- Use of Self-Curated Collection Resources as needed
- Sleep
- Add your other activities (coping and otherwise) here!

Day 4 To Dos:

- Regular Meals
- Physical activity (only when feeling physically well enough to do so)
- Meditation
- Schoolwork
- Remote social engagement time (this could be with a group of people, with just 1 other person, with friends, with family, etc. it's up to you)
- Something fun/entertaining
- Use of Self-Curated Collection Resources as needed
- Sleep
- Add your other activities (coping and otherwise) here!

Day 5 To Dos:

- Regular Meals
- Physical activity (only when feeling physically well enough to do so)
- Meditation
- Schoolwork
- Remote social engagement time (this could be with a group of people, with just 1 other person, with friends, with family, etc. it's up to you)
- Something fun/entertaining
- Use of Self-Curated Collection Resources as needed
- Sleep
- Add your other activities (coping and otherwise) here!

Day 6 To Dos:

- Regular Meals

- Physical activity (only when feeling physically well enough to do so)
- Meditation
- Schoolwork
- Remote social engagement time (this could be with a group of people, with just 1 other person, with friends, with family, etc. it's up to you)
- Something fun/entertaining
- Use of Self-Curated Collection Resources as needed
- Sleep
- Add your other activities (coping and otherwise) here!

Day 7 To Dos:

- Regular Meals
- Physical activity (only when feeling physically well enough to do so)
- Meditation
- Schoolwork
- Remote social engagement time (this could be with a group of people, with just 1 other person, with friends, with family, etc. it's up to you)
- Something fun/entertaining
- Use of Self-Curated Collection Resources as needed
- Sleep
- Add your other activities (coping and otherwise) here!

Day 8 To Dos:

- Regular Meals
- Physical activity (only when feeling physically well enough to do so)
- Meditation
- Schoolwork
- Remote social engagement time (this could be with a group of people, with just 1 other person, with friends, with family, etc. it's up to you)
- Something fun/entertaining
- Use of Self-Curated Collection Resources as needed
- Sleep
- Add your other activities (coping and otherwise) here!

Day 9 To Dos:

- Regular Meals
- Physical activity (only when feeling physically well enough to do so)
- Meditation
- Schoolwork
- Remote social engagement time (this could be with a group of people, with just 1 other person, with friends, with family, etc. it's up to you)

- Something fun/entertaining
- Use of Self-Curated Collection Resources as needed
- Sleep
- Add your other activities (coping and otherwise) here!

Day 10 To Dos:

- Regular Meals
- Physical activity (only when feeling physically well enough to do so)
- Meditation
- Schoolwork
- Remote social engagement time (this could be with a group of people, with just 1 other person, with friends, with family, etc. it's up to you)
- Something fun/entertaining
- Use of Self-Curated Collection Resources as needed
- Sleep
- Add your other activities (coping and otherwise) here!

Day 11 To Dos:

- Regular Meals
- Physical activity (only when feeling physically well enough to do so)
- Meditation
- Schoolwork
- Remote social engagement time (this could be with a group of people, with just 1 other person, with friends, with family, etc. it's up to you)
- Something fun/entertaining
- Use of Self-Curated Collection Resources as needed
- Sleep
- Add your other activities (coping and otherwise) here!

Day 12 To Dos:

- Regular Meals
- Physical activity (only when feeling physically well enough to do so)
- Meditation
- Schoolwork
- Remote social engagement time (this could be with a group of people, with just 1 other person, with friends, with family, etc. it's up to you)
- Something fun/entertaining
- Use of Self-Curated Collection Resources as needed
- Sleep
- Add your other activities (coping and otherwise) here!

Day 13 To Dos:

- Regular Meals
- Physical activity (only when feeling physically well enough to do so)
- Meditation
- Schoolwork
- Remote social engagement time (this could be with a group of people, with just 1 other person, with friends, with family, etc. it's up to you)
- Something fun/entertaining
- Use of Self-Curated Collection Resources as needed
- Sleep
- Add your other activities (coping and otherwise) here!

Day 14 To Dos:

- Regular Meals
- Physical activity (only when feeling physically well enough to do so)
- Meditation
- Schoolwork
- Remote social engagement time (this could be with a group of people, with just 1 other person, with friends, with family, etc. it's up to you)
- Something fun/entertaining
- Use of Self-Curated Collection Resources as needed
- Sleep
- Add your other activities (coping and otherwise) here!

Some General Notes Related to Coping with 14 Days of Quarantine

Your coping plan is **for you** and should speak to **your needs**.

- Your needs may be dynamic and changing from day to day/circumstance-to-circumstance
 - What you need to return to campus quarantine may be different from what you need to cope with self-quarantining in response to exposure to COVID-19 or a positive COVID-19 test result
- Remember to amend any part of your schedule, Self-Curated Collection Resources, etc. as needed based on your experience of using them
 - For example: If you find you don't like a particular workout, find alternative ones to replace the ones you're not enjoying.
- Add daily journaling to your list quarantine schedule; writing your thoughts and feelings is a great way of coping with distress... also you're definitely going to

want to include this experience in your future memoirs so you may think of journaling as preparation for that.

- The resources below may provide some of the content suggestions mentioned above

Additional Coping Resources

The resources may serve as items to be included in your coping plan for regular use and/or for intermittent as-needed use.

- The [SCS COVID-19 Coping site](#)
- [SCS COVID-19 Journaling Resource](#)
- COVID-19 Coping Drop-in Mindfulness Group
 - Meets weekly
 - Does not require signing up or consistent attendance
- Remote services available at SCS (email SCS@conncoll.edu or call 860-439-4587 to schedule)
 - Group therapy
 - Individual therapy
 - Psychiatric medication management
- SHS Services (email SHS@conncoll.edu or call 860-439- 2275 to schedule)
- Free Mindfulness exercises
 - Via YouTube (using search phrases “guided meditation,” “relaxation exercises,” “mindfulness exercises,” “progressive muscle relaxation,” “mindful breathing”):
 - [3-minute Mindful Breathing Meditation](#)
 - [Mindful Breathing Medication \(5-Minute\)](#)
 - [5-Minute Meditation You Can Do Anywhere](#)
 - [The Science Behind Mindfulness Meditation](#)
 - [Body Scan Meditation \(Tame Anxiety\)](#)
 - [Progressive Muscle Relaxation- Guided Exercise](#)
 - [Leaves on a stream ACT- Stop overthinking](#)
 - [Defusion from Thoughts](#)
 - [Guided Meditation – Relaxing the Mind](#)
 - [Mindfulness Dissolves Thoughts – Attention is What’s Left over](#)
 - [Guided Meditation – Letting Thoughts Go](#)
 - [Mindfulness of Thoughts Reload](#)
 - [Free Mindfulness Exercises, Meditations, Courses](#)
 - [Powerful positive morning affirmations for positive day](#)

- [5 Minute guided meditation for gratitude/ mindful movement](#)
 - [Headspace](#) (some free resources)
 - [Calm](#) (some free resources)
 - [Creating a Home Mindfulness Retreat](#)
 - [Coronavirus Sanity Guide](#)
 - [InsightTimer](#)
 - [Healthy Minds Program](#)
- Free in-room workouts
 - [Les Mills \(e.g., Body Pump, Body Flow, Body Combat, Barre, etc.\) on-demand exercise classes](#)
 - [“50 Best Free Online Workout Resources”](#)
- [Quarantine Games](#)
- [Active Minds Resources](#)
- [Happiness podcasts](#)
- [Coronavirus and mental health/wellbeing](#)
- [25 tips for coping with quarantine from Simon Frasier University](#)
- Russ Harris (2020) [FACE COVID](#)
- [3 Minute Coping Tip Clip](#)
- [Reciprocal care](#)
- [Museum Virtual Tours](#)
- [Museum Collections Online](#)
- For individuals in recovery:
 - [AA](#)
 - [NA](#)
 - [Al-anon](#)
 - [SMART Recovery](#)

A Final Note on Coping with Your 14-Day Quarantine

Please remember that by quarantining, you are actively safeguarding the health of yourself and other Conn community members. The community appreciates that gift. Know that although physically distant, you are not alone. The Conn community is with you and you have remote access to all members of your campus support system. While your situation (a 14 day quarantine) may not be the best, it doesn't have to be the worst; you have this and many other resources to ensure that you make it through the days ahead.