



STALL SEAT JOURNAL MINI ISSUE

THINGS TO DO WHILE SOCIAL DISTANCING



KEEP A ROUTINE

Try to make an outline of each day, to help you plan what you need and want to do.



KEEPING UP ON WORK

Making a to-do list for each day of the week with tasks you **must do**, **should do**, **could do** can help you stay organized and prioritize your work and fun.

PRACTICE MINDFULNESS

Try out some free guided meditations on Youtube.



One way to practice mindfulness is to take one of your hands and spread your fingers apart, taking the pointer finger of your other hand slowly tracing the outline of your spread hand. Inhale on the ups and exhale on the downs. This can help you to clear your mind and re-center!

HOO? KNEW?

9 out of 10 UVA students talk to friends, family, or others for support to feel better.*

* From the February 2017 Health Survey with responses from 1,010 UVA students