WINTER BREAK WELLNESS GUIDE
PRESENTED BY THE PEER HEALTH EDUCATORS

DISCUSSING COVID-19 SAFETY WITH YOUR NEW "POD"
utilize the CAVS method

**C**onside**r** their point of view
set group boundaries while making your boundaries clear

**A**cknowledge **o**ther's thoughts
come from a place of compassion and transparency

**V**erbalize your response
use "I" statements (I feel comfortable when...)

**S**olve and compromise
help your pod with safer options, suggest testing, etc.

"It's important to be empathetic of others' point of view while not compromising my comfort level or values during the pandemic." [Jess Pentel, '22]

**EXPAN**

**L**earn about the "CAVS" method

**X**p**lai**n your schedule
your family or roommates and set boundaries to avoid distractions

**U**se the Pomodoro method
the "Tomato Timer" method helps you maximize retained information

**S**et a safe, peaceful space
separate your work area from your bed/bedroom so it may be a relaxing space

**W**inter Socializing & Staying Connected

**B**oredom Busters
subscribe to the WahooWeekender for more fun, safe ideas

- set a routine that includes something fun that you enjoy (reading, yoga, etc.)
- challenge yourself to reach a goal (run a 5k, watch every Harry Potter movie, etc.)
- do a Secret Santa (Elfster is an online platform that sets it up with distanced friends)
- pick up a new hobby

"Music is my outlet, so I've been able to get back into playing the drums! I also built a bench and a table during quarantine." [Colin Cool, '21]

**MAINTAINING MENTAL HEALTH AND WELL-BEING**

**Self-Care**
Vitamin D can help regulate your mood, consider a supplement (600 IU per day)
set up some mindfulness patterns (apps like SilverCloud or Headspace)
write a list of things you're grateful for and looking forward to

**Set a Routine**
take frequent breaks/time to yourself when you need it
set SMART goals and celebrate with a reward when you meet them
try regularly exercising at home or getting outside for some fresh air

"I've heard a lot of cute ideas about people sending each other snail mail!" [Aisha Naseem, '21]