QUARANTINE EDITION

A Valiant's Guide to Quarantine
Isolation at Manhattanville
I was told I have to isolate/quarantine. Why?
Isolation/Quarantine at Manhattanville
As per the Centers for Disease Control (CDC) and New York State, if you are arriving from outside of the US, from a state on the list requiring a mandatory quarantine, or if you have been exposed to someone who has tested positive for COVID-19, you are required to quarantine. If you test positive for COVID-19, then you are required to isolate from the community to prevent the spread of the virus. We know this might be uncomfortable, so we’ve created this to guide to help support you through the process and answer as many of your questions as we can.
Isolation and quarantine are two common public health strategies that are used to help prevent the spread of a highly contagious illness. Isolation and quarantine keep people who are sick or who have been exposed to a highly contagious illness separate from people who have not been exposed. While they both have the same intent, they are qualitatively different.

**Isolation** separates sick people with a contagious disease from people who are not sick.

**Duration of isolation**
SHAC Health Services will determine the amount of time you will need to spend in one of our isolation rooms. However, below is some general information about the length of time you will likely spend in isolation:

- For most persons with COVID-19 illness, isolation can generally be discontinued 10 days after symptom onset and resolution of fever for at least 24 hours, without the use of fever-reducing medications, and with improvement of other symptoms.
  - A limited number of persons with severe illness may produce replication-competent virus beyond 10 days that may warrant extending duration of isolation and precautions for up to 20 days after symptom onset; consider consultation with infection control experts.
  - For persons who never developed symptoms, the date of first positive RT-PCR test for SARS-CoV-2 RNA should be used in place of the date of symptom onset.
Quarantine separates and restricts the movement of people who were exposed to a contagious disease to see if they become sick.

If there is reason to believe you were exposed to someone who has tested positive for COVID-19, you will be required to quarantine for 14 days.

Contact with a person who has tested positive for COVID-19 is defined as exposure within 6 feet of an infected person for at least 15 minutes starting from 48 hours before the person began feeling sick until the time the patient was isolated.

With our help, the Westchester Department of Health will provide contact tracing for the Manhattanville community. They may request specific information from Manhattanville in order to do their job as carefully and effectively as possible.
WHEN YOU ARE TOLD YOU MUST ISOLATE/QUARANTINE

1. Health Services or the Office of Residence Life will ask you if you are choosing to quarantine/isolate on- or off-campus.
   a. If you choose to isolate/quarantine off-campus you must consider the following:
      i. Are you well enough to travel to your off-campus isolation/quarantine space?
      ii. Does the space you have chosen off-campus allow for safe isolation/quarantine? (i.e. separate bedroom, others who reside in the space would not be exposed)
      iii. Does the Westchester Department of Health approve of your transport to the off-campus isolation/quarantine space?
      iv. If the answer to any of those questions is “no,” you will be assigned to an isolation/quarantine room on campus.

2. You will provide your key to the Office of Residence Life in exchange for the isolation/quarantine room key.

3. You will sign any necessary paperwork agreeing to abide by the rules of the isolation/quarantine spaces.

4. You will have a limited window of time to pick up your belongings in your room prior to moving into the isolation/quarantine space.
   a. You will be accompanied by a campus safety or Residence Life staff member to your room.
   b. You will pack whatever you need to bring with you in garbage bags provided by Residence Life.
   c. Items to consider bringing with you:
      i. Your laptop (and charger) so you can attend classes virtually and complete homework assignments.
      ii. Comfortable clothing (enough for 14 days)
      iii. Toiletries and towels
      iv. Bedding and a pillow
      v. Snacks
      vi. Your phone (and charger)
      vii. Your medications (if applicable)
      viii. Books
      ix. A thermometer
      x. Any other necessities you might need over the course of 10-14 days.
SINCE I CAN'T LEAVE MY ROOM, HOW WILL I GET MY MEALS?

SHAC Health Services will notify the appropriate departments that you have been put into an isolation/quarantine space. One of those departments is food services.

You will receive 3 meals, water, snacks/dessert every day.

Breakfast will be determined by Dining Services. You will have two options for lunch and dinner each day.

- You will identify your choices, as well as any dietary restrictions.
- You can view the menu at dineoncampus.com/mville
  - ORDERS MUST BE PLACED BY 12:00 P.M. THE DAY PRIOR
- Your food will come in disposable containers with disposable utensils and the appropriate condiments.
- Every isolation/quarantine room will be equipped with a microfridge.
- Your meals will be delivered to you at 9:00 am and 12:00 pm. You will keep your dinner meal in the fridge until you are ready to warm it up and eat it.
- You can contact Chartwell’s staff at chartwells.foodservice@mville.edu or (914) 323-5397 with questions.
WHAT HAPPENS IF I START TO DEVELOP SYMPTOMS, OR IF MY SYMPTOMS WORSEN WHEN I AM IN ISOLATION/QUARANTINE?

- When you are in isolation/quarantine, you will receive a daily call from one of our SHAC health staff to check on you.
- Our health services staff will check on you every day, at least once a day, depending on the severity of your symptoms.
- You are expected to answer calls from health services so we can do our best to get you healthy and well, and for those in quarantine, to monitor for any possible symptoms.
- You are not permitted to leave your isolation/quarantine space UNLESS directed by health services staff; there may be occasions you need to be seen in health services, or transported to a doctor's office.

The list below represents some common symptoms of COVID-19. This list does not include all possible symptoms, but while you are in isolation/quarantine, please keep track of how you are feeling each day. If you develop any of the below symptoms (or other symptoms), or if your symptoms worsen, provide that information to the nurse who will be checking in on you each day.

- Fever or chills
- Cough
- Shortness of breath or difficulty breathing
- Fatigue
- Muscle or body aches
- Headache
- New loss of taste or smell
- Sore throat
- Congestion or runny nose
- Nausea or vomiting
- Diarrhea
- Unexplained rash on toes

Typically, the virus will run its course over approximately 10 days. The severity of an individual's symptoms varies greatly. Since it is a virus, antibiotics do not work. However, in order to treat the symptoms, you can take Tylenol, stay well rested, and well hydrated.
WHAT DO I DO ABOUT CLASSES, HOMEWORK, TESTS, ETC.?

When you are placed into an isolation/quarantine room, an alert will go out to your faculty stating that you are not permitted to attend classes for the time being. Faculty will not be able to hold you accountable for not participating in-person.

Students in isolation will be expected to participate in classes online, if that is a possibility, and if they are feeling well enough to do so.

Students in quarantine will be expected to participate in online course offerings and complete all assigned coursework virtually.

If you have been diagnosed with COVID-19 and are not feeling well enough to participate in coursework, you will be expected to convey that information to your professor, who will work with you to arrange a schedule for making up missed coursework/homework/tests/quizzes, etc.

If you have any trouble with managing your academic demands due to your diagnosis, please do not hesitate to reach out to SHAC or to the Center for Student Accommodations for assistance.
You’re right. 14 days in quarantine, or 10 days in isolation, is likely to become boring and lonely. However, we are here to support you throughout this time.

Investing in your mental health is critical while in quarantine/isolation. While you may be experiencing low energy and less motivation, this is the time to keep up with school work as best you can, and to maintain communication with friends and family. Increase the amount of time spent in mindfulness activities, and limit the amount of time spent in mindless activities – such as video games, social media, and watching videos.

While you are in isolation/quarantine, you will be assigned to a counselor from SHAC who will reach out to you to see if you would like support.

- Support might look like daily check ins, full sessions, some ideas provided by your counselor about what you might want to work on, or, you can choose to decline counseling support. It is completely up to you.
Spending extended periods of time alone might negatively impact your mood and anxiety. During the isolation/quarantine period, you may experience symptoms that are new to you (i.e. difficulty sleeping, poor concentration, low mood, feeling more irritable or on edge). If you are someone who already experiences anxiety or depression, you might experience an increase in symptoms during isolation/quarantine due to the circumstances. We really encourage you to monitor your mood and anxiety level, and talk about them with your counselor.

Each day, ask yourself “How am I feeling?”

During stressful times you might notice some uncomfortable thoughts or feelings that let you know that something is wrong. These may include:

- Excessive fear or worry
- Changes in sleeping habits or feeling tired and low energy
- Thinking about suicide
- Extreme mood changes (highs or lows)
- Prolonged feelings of irritability
- Lower energy, motivation and poor concentration
Sometimes, individuals who have a lot of time on their hands might find themselves watching a lot of television, or consuming a lot of news. We encourage you to choose one source of health information and stick with it, thus limiting your exposure to misinformation and rumors. Choosing to get your news from trusted sources, such as the Centers for Disease Control (CDC) is recommended.

Sometimes, students who have a lot of time will pass the time getting lost in social media platforms. Typically, these students will report higher levels of distress after having spent a lot of time looking at social media; thus, we recommend limiting your exposure to social media during isolation/quarantine, and spending the time participating in more constructive activities that help you to feel good about yourself.

- Connect with family and friends
- Talk on the phone or via video chat or text message
- Read a book
- Watch a documentary
- Learn about something you’ve always wanted to know. Khan Academy has so many interesting topics.
- Work on a creative project
- Learn a new language! Duolingo provides fun, quick lessons in 23 languages!
- Take a virtual tour of a place you’ve always wanted to go—and choose a new place to “visit” each day!
ISOLATION/QUARANTINE IS GOING TO GET BORING AND LONELY. WHAT CAN I DO? (4/5)

Seek out sources of calm.

While it might not be possible to take your mind off the pandemic, or the FOMO you’re experiencing being in isolation/quarantine, try to find something relaxing to calm your body and your mind.

- Relaxing music
- Meditation
- Yoga
- Mindfulness activities

These apps are also really helpful, and some of them are free, or offered at a reduced fee during the pandemic!

- Headspace
- Insight Timer
- Calm
- Pixel Art
- Tide
- Weightless
ISOLATION/QUARANTINE IS GOING TO GET BORING AND LONELY. WHAT CAN I DO? (5/5)

If you find yourself struggling, we encourage you to participate in the counseling services that are offered to you through SHAC. If you have your own counselor, please reach out to them for support. If you choose not to participate in counseling, that is fine as well, but we do encourage you to take good care of yourself.

Here are some tips for managing anxiety and low mood:

- Think of a song—ideally, a relaxing and/or upbeat song
- Slow your breathing—to a count of 4/4/4 (i.e., inhale for 4 seconds, hold for 4 seconds, exhale for 4 seconds)
- Imagery—imagine you’re in a relaxing place (at the beach, in the mountains). Use your 5 senses—remember what you saw, heard, felt, smelled, and tasted.
- Exercise—virtual fitness/yoga classes, dance, etc.
- Guided meditation—there’s tons of websites and apps with guided meditations. A free beginner guide is at: https://www.uclahealth.org/marc/mindful-meditations
MINDFULNESS AND SELF-COMPASSION

Mindfulness, the practice of consciously directing awareness and acknowledging difficult thoughts and feelings (such as inadequacy, sadness, anger, confusion) with a spirit of openness and curiosity.

- Mindfulness can be useful because it helps ground ourselves in the present moment
- Mindfulness meditation may also help us focus on thoughts of acceptance and compassion
- There's no right or wrong way to practice mindfulness
- Even 10 minutes per day can make a significant difference in mental health and well-being

Self-compassion involves responding to these difficult thoughts and feelings with kindness, sympathy and understanding so that we soothe and comfort ourselves when we’re hurting.

- Self-compassion involves accepting ourselves as we are and choosing to love ourselves without condition
- Using self-compassion, we learn not to judge ourselves too harshly or to distort reality to either criticize ourselves or falsely build ourselves up
- Practicing self-compassion allows us to honor and accept our humanness and helps us celebrate our unique worth, recognizing that we are acceptable just as we are
- Self-compassion often takes practice because for many of us it is often easier to express empathy and compassion for others than it is for ourselves
Physical isolation does not have to mean social isolation. Staying connected with friends and family is key at this time, even if your energy is low and your interest in the things you enjoy is less than typical.
CREATING A SELF-CARE PLAN:

What are three things you can do when you feel anxious or depressed:

1. ________________________________________________________________

2. ________________________________________________________________

3. ________________________________________________________________
CREATING A SELF-CARE PLAN:

Name one person you will call when feeling anxious or depressed:

1. ____________________________________________________________

We challenge you to try one new activity! Read something new, discover a new artist, try a new talent (singing, music, writing). Name one new thing you will try during quarantine/isolation:

1. ____________________________________________________________
RESOURCES ON-CAMPUS

Student Health and Counseling:
SHAC is open M-F, 9a-5p. Counseling services are operating remotely for the Fall semester, but are available to see students via Microsoft Teams. We offer individual counseling, group counseling, and support groups. We will also be managing your health during the time you are in isolation/quarantine. You will receive outreach from both a SHAC nurse and a SHAC counselor during your time in isolation/quarantine. While the support from counseling is optional, because this is a public health emergency, you will be expected to maintain contact with the SHAC nurse assigned to you throughout your stay.

Residence Life:
Residence Life is available to assist you with your daily needs. If you are experiencing difficulty and want to speak with your RA or RD, contact the Office of Residence Life at (914) 323-5217.

Campus Safety:
If you are not feeling safe, or if you are experiencing a medical or psychiatric emergency during your time in isolation/quarantine, call campus safety immediately at (914) 323-SAFE (7233).

The Andrew Bodenrader Center for Academic Writing and Composition:
The ABC writing tutors and services are available to you while you are in isolation/quarantine. You can contact The Writing Center for support by emailing writingcenter@mville.edu or visiting their website for more information.

Academic Advising:
If you need support from your advisor during isolation/quarantine due to difficulty keeping up with your coursework demands, or if you’d like to consider your options, please contact your advisor at (914) 323-5353.
OFF-CAMPUS RESOURCES

The Shrink Space
www.shrinkspace.com

Suicide Prevention Lifelines
1-800-273-8255

Crisis Textline
Text Home to 741741

CDC Information
ONLINE RESOURCES

Apps
Nike Training App — Helps you reach your fitness goals with expertly designed workouts from our world-class Nike Master Trainers.
Downward Dog App — provides a studio-like yoga experience in the comfort of your home.

Popular Yoga/Meditation YouTube channels
- Yoga With Adriene — With over 4.8 million subscribers, Adriene Mishler is the undisputed queen of YouTube yoga
- Purple Valley Ashtanga Yoga
- Body Positive Yoga
- YellowBrickCinema — A channel for Sleep Music, Relaxation Music & much more
- Meditative Mind — Meditation Videos
- Nu Meditation Music
GET YOURSELF MOVING

If you are in quarantine for possible exposure, or if you are in isolation but asymptomatic (with permission from health services), aim for 20-30 minutes of physical activity each day.

Exercise can improve mood and boost your immune system as well.

You can find guided workouts for all levels on YouTube.

Manhattanville Athletics' Head Strength & Conditioning Coach, Eliazar Smith-Harlllee has also put together a routine for you, if you want to use isolation/quarantine as a time to work on your physical health.
The Department of Athletics and Recreation understands that two weeks in a room may seem a little overwhelming...which is why we've created a simple layout that includes workouts and structure for your days throughout your entire quarantine. Trust us, you'll be shocked at how much you get out of these two weeks :)

“LIFE IMPOSES THINGS ON YOU THAT YOU CAN’T CONTROL, BUT YOU STILL HAVE THE CHOICE OF HOW YOU’RE GOING TO LIVE THROUGH THIS.”
- CELINE DION
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- Study or Work  
- Call Friend/Family  
- 10 min stretch video  
- Relax  
- Meditate  
- Bed | - 10 min yoga video  
- Read a chapter in a book  
- Workout #2  
- Study or Work  
- Call Friend/Family  
- 10 min yoga video  
- Relax  
- Meditate  
- Bed | - 10 min stretch video  
- Read a chapter in a book  
- Workout #3  
- Study or Work  
- Call Friend/Family  
- Relax  
- Meditate  
- Bed | - 5 min yoga video  
- Watch a nature video  
- Workout #3  
- Call Friend/Family  
- Relax  
- Meditate  
- Bed | - 10 min yoga video  
- Read a chapter in a book  
- Workout #4  
- Call Friend/Family  
- Relax  
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- Bed | - 10 min yoga video  
- Call Friend/Family  
- Relax  
- Meditate  
- Bed |
Warm Up - Complete Twice Through
- Jog in Place x 30 seconds  - Wall Walk Ups x 5
- Body Weight Squat x 10   - Inch Worm x 5

WORKOUT #1
Complete 3 times through,
2 minute rest after each cycle
- Jump Squat x 8
- Push-Up x 6
- Superman (back hyperextension) x 8
- Lunge in Place x 8 (each leg)
- Tricep Dips (on chair) x 6
- Wall Sit x 20 secs

WORKOUT #2
Complete 3 times through,
2 minute rest after each cycle
- High Knees x 20 secs
- Incline Push-Up (on surface) x 6
- Leg Raises x 8
- Single Leg Bridge x 6 (each leg)
- Russian Twist x 10 (each side)
- Leg Slides (feet on towel, perform a bridge, slowly slide feet out) x 8

Cool Down - Complete Twice Through
- Leg Swings x 20 secs (each leg)
- Big Arm Circles x 30 secs
Warm Up - Complete Twice Through
- Jog in Place x 30 seconds
- Wall Walk Ups x 5
- Body Weight Squat x 10
- Inch Worm x 5

WORKOUT #3
Complete 3 times through,
2 minute rest after each cycle
- Burpee x 5
- Close-Grip Push-Up x 5
- Pull Up (under table/chair with feet on ground) x 5
- Body Squat x 15
- Arm Circles x 30 secs
- Single Leg Squat to Chair x 5 (each leg)

Cool Down - Complete Twice Through
- Leg Swings x 20 secs (each leg)
- Big Arm Circles x 30 secs

WORKOUT #4
Complete 3 times through,
2 minute rest after each cycle
- Jump Knee Tuck x 5
- Tricep Dips on Chair x 6
- Mountain Climbers x 15 (each leg)
- Bridge x 10
- Plank (in push-up position) x 20 secs
- Forward Lunge x 10 (each leg)
HELPFUL TIPS

• Meditation apps (i.e. Calm) are helpful if meditating is new to you
• Don't forget to hydrate
• Cut off screen time at least 30 minutes before bed to improve sleep
• Deep Breathing - in moments when you feel overwhelmed, take 10 deep breaths and reassess; being in a small space may make things feel worse than they actually are
• Make a to-do list - you probably have a lot less to get done than you initially think
• Journal - free write; don't obsess over sentence structure or a solid hook, just let it all out no matter what it looks like
• Try drawing - if it's not a Picasso, no one ever has to see it
• Make playlists
• Listen to albums from start to finish
• Look up inspiring quotes
• Speak words of affirmation in the mirror - yes, it may feel odd at first, but it will help to increase confidence over time
• Try to keep some kind of consistent day/sleep schedule
MANHATTANVILLE'S

Student Health and Counseling
A Guide to Isolation/Quarantine
You are starting a 14-day quarantine (or 10-day isolation). You may experience a lot of feelings. Something people tend to do is avoid feeling discomfort by using strategies to distract themselves or “push the feelings away.” While in quarantine, we encourage you to identify those feelings, think about why you feel that way and jot down some notes. It is helpful to “re-frame” — change the way you think from seeing the negative to seeing the positive. For example, “you can use this time to get to know yourself,” would be a positive re-frame from a thought such as, “these 14 days are going to be so boring.”
DAY 1
For today, take some time to journal in response to the following: “I was placed in isolation/quarantine during a pandemic. How does this make me feel? What are some of my thoughts/fears?”

DAY 2
Write a letter to a friend, family member, or someone from your past who you haven’t spoken to in a long time. Let them know how you’re doing, how you’ve changed, and maybe even include your aspirations. Send the letter if you want! Most people love receiving snail mail!

DAY 3
Get a handle on anxiety and worries. Humans have an incredible ability to think about the future. “Thinking ahead” helps us anticipate obstacles/problems and gives us a chance to plan solutions. While this can be helpful to achieve goals, at times worrying can be a way of “thinking ahead,” which can leave us feeling anxious. It can be useful to learn the difference between types of worries: helpful or not helpful. If you find your worrying is feeling uncontrollable and excessive, you can practice postponing. Many find that taking some time before engaging in their worries allows them to have a different relationship with them. That means choosing a time, preferably later in the day, to spend 15-30 minutes dedicated to worrying. This will allow you to let go of the worry as it comes up until you get to your “worry time.”

DAY 4
Draw upon a sense of relief and comfort that can come from music. Create different playlists to evoke different moods: For example, one that offers a sense of comfort and elicits pleasant memories; one that is upbeat and uplifts your mood, maybe even something that gets you dancing; one that elicits a sense of hope, etc. Experiment listening to music. Listen to genres that you don’t typically. Are you finding music that you like but didn’t think you would? Do you feel relaxed, excited, bored listening to it? Are there any other emotions triggered from it? Was there anything surprising in your reaction to it?

DAY 5
Think about the way you think. This is called metacognition. The way you think has a lot of influence over the way you feel. If your thoughts are self-critical and harsh, you may not feel great about yourself. If your thoughts are patient and nurturing, you will be more apt to try new things and forgive yourself for any missteps. Consider how your thinking style is both helpful and harmful to you. Think about adjusting your style.
DAY 6

Learn to speak to yourself with compassion. Worry can come from a place of concern—we worry about others when we care for them. Sometimes, we respond to our own worries with criticism. You can practice responding differently, with kindness and compassion, which can help improve your mood.

DAY 7

Check in with yourself. You’re halfway there! How has this been to sit with yourself for so long? If it’s been very difficult, why? Do you think you’re an introvert or an extrovert? An introvert is someone whose energy is drained by participating in social situations, and an extrovert is someone who is invigorated by social situations. If you find you’re an extrovert and struggling to manage this quarantine, think about people you might be able to reach out to via phone, FaceTime, Zoom, etc.

DAY 8

Make a gratitude list. What are you grateful for? Why? If you consider the ways in which you are more fortunate than someone else, you will be able to create a list of things you appreciate in your life.

DAY 9

Go on a vacation in your mind. Sometimes getting away can provide a much-needed break from the stressors of daily life. Plan your ideal trip—no limits on where you can go. Draw a family tree and think about a few qualities of each family member on your tree. If you can’t think of the family members, or if doing so would be painful, you can draw a friend tree instead, or a tree of things that you enjoy with a few reasons for why you enjoy each thing. This will assist you to develop an idea of what attributes you appreciate in others. Consider if you possess these attributes, and if not, think about how you might work to develop them.

DAY 10

Set a list of goals to accomplish for the immediate and remote future. Do you have academic, personal, financial, behavioral, social goals that you would like to achieve? If so, what would that look like for the next 2 weeks, 2 months, year, 2 years? How might you work to reach them? Do you need help from others? If so, who might be able to help?
DAY 11

Watch a classic movie, one that you’ve heard of but have never seen. Alternately, pick-up a classic novel. What did you enjoy about it? Were there parts you disliked? Why?

DAY 12

If you think about it, what motivates your behavior? For many people, it’s their emotions. If you are feeling really angry, your urge might be to fight, if you’re feeling really scared or anxious, your urge might be to avoid. If you recognize that oftentimes your feelings motivate your behavior (which is typically the case), how has this caused problems for you in the past? Has it been helpful to you? If so, when and why?

DAY 13

Visit a museum or zoo online. What were your favorite parts? Was it enjoyable, even though you couldn’t be there in person? Plan your first outing once you’ve completed quarantine/isolation? What would you like to do, and what steps do you need to take to make it happen?

DAY 14

Reflect on the past two weeks. What did you learn about yourself? What would you like to do differently now that your quarantine is over?
An exercise that can help clarify your goals for the future is to reflect on your values:

- **Values:**
  What matters to you in the “big picture?” What do you want to stand for? What personal qualities and strengths do you want to develop? How do you want to enrich or improve your relationships?

- **Goals & Actions:**
  What are you currently doing that improves your life in the long run? What do you want to start or do more of? What life-enriching goals do you want to achieve? What life-enhancing actions do you want to take? What life-improving skills would you like to develop?
ADDITIONAL ACTIVITIES FOR ISOLATION/QUARANTINE...OR AFTER!

IN A WORLD WHERE YOU HAD UNLIMITED CONFIDENCE:

- How would you behave differently?
- How would you walk and talk differently?
- How would you play, work and perform differently?
- How would you treat others differently: your friends, relatives, partner, parents, children and work colleagues?
- How would you treat yourself differently?
- How would you treat your body?
- How would you talk to yourself?
- How would your character change?
- What sort of things would you start doing?
- What would you stop doing?
- What goals would you set and work towards?
- What difference would your new-found confidence make in your closest relationships, and how would you behave differently around those people?
- What difference would your new-found confidence help you to make in the world?
Other Resources
You are not alone.
Our Community Connection Support Line is here to provide a listening ear.

Many of us experience feelings of increased loneliness or isolation. Reach out to us at 914-219-4232 during regular business hours for connection and support.

We are your Community of Care.
At MHA, support is offered in many different ways, and from many different types of providers.

MHA’s integrated services are offered by a team of providers who specialize in areas vital to well-being. Ability to pay is no longer a barrier to quality care. MHA provides services to anyone, regardless of financial means.

To schedule a therapy appointment, call our Central Scheduler at: 914-345-0700, ext. 7350.

myStrength
Taking care of your emotional health is important.

With the myStrength app, you can get help for stress, anxiety, sleep-related issues and more, all from the privacy of your computer or mobile device. Sign up for free by visiting: mhawestchester.org/our-services/mystrength

We are here FOR YOU
Our work as a Certified Community Behavioral Health Clinic

For 73 years, The Mental Health Association of Westchester has responded to the needs of our community, creating person-centered and recovery-oriented behavioral health services and programs.

We deliver care when, where and how it best meets your unique needs.

We are proud to announce that we are now Westchester’s only federally designated Certified Community Behavioral Health Clinic (CCBHC).

Our enhanced services provide greater accessibility, substance use treatment and integration of physical health care.

No one is denied services due to financial means. We offer a sliding scale fee structure based on federal Financial Assistance Program guidelines.

We are here FOR THE UNINSURED AND UNDER-INSURED
Not all insurance is created equal. As a CCBHC, we offer innovative care - like peer and family support - regardless of your ability to pay. Removing financial barriers to support is a first step in strengthening emotional well-being and resilience.

We are here FOR THOSE COPEING WITH ADDICTION
Our integrated and expanded Substance Use Disorder (SUD) and Co-Occurring Disorder (COD) services include Medication Assisted Treatment (MAT) to help those who wish to overcome addiction and maintain long-term recovery. With the addition of Certified Alcoholism and Substance Abuse Counselors (CASACs) in our clinics and medical staff trained to provide MAT, we make it easier to receive help under one roof.

We are here FOR VETERANS AND THEIR FAMILIES
The challenges our service members encounter do not end with active duty. Too often, transitioning back into civilian life presents its own difficulties. Veterans are five times more likely to experience depression than the general population, and they are at higher risk for post-traumatic stress disorder and suicide. Our staff - trained to understand military culture - provide support for members of the Armed Forces, along with their children, partners and caregivers. Are you or is someone you know a veteran? We’ll be there to help.

We are here WITH A COMMUNITY OF CARE
A vital element of our work as a CCBHC is our care team, which includes support from social workers, psychiatrists, peer specialists, nurses, CASACs, care managers, and more, as needed. With a robust community of care, we are able to meet people where they are on their unique recovery journeys and work together to develop creative, flexible and integrated approaches to improving whole health.

We are here.

To learn more about our community of care, our enhanced services as a CCBHC, and the referral process, please call our Information and Referral team at 914-345-0700, ext. 7303 or email help@mhawestchester.org.
if you're reading this:

RELEASE YOUR SHOULDERS away from your ears
UNCLENCH YOUR JAW
DROP YOUR TONGUE FROM the roof of your mouth
**A to Z of Coping Skills**

<table>
<thead>
<tr>
<th>A</th>
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<tbody>
<tr>
<td>Ask for help</td>
<td>Breathe deeply and slowly</td>
<td>Count forwards or backwards</td>
<td>Drink some cold water</td>
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<tr>
<td>Exercise (run, jump, skip, kick a ball or walk fast)</td>
<td>Find a safe place</td>
<td>Go to your happy place</td>
<td>Hug a friend or family member</td>
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<tr>
<td>Ignore people who are annoying you</td>
<td>Jokes to help you laugh</td>
<td>Kind hands. Keep them to yourself</td>
<td>Listen to calming music</td>
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<td>M</td>
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<tr>
<td>Meditate (use yoga or mindfulness)</td>
<td>Name the emotion you are feeling</td>
<td>Observe. Use mindfulness techniques</td>
<td>Paint your feelings</td>
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<td>Q</td>
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<tr>
<td>Question your thoughts</td>
<td>Run as fast as you can</td>
<td>Separate yourself from the situation</td>
<td>Thoughts negative to positive</td>
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<tr>
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<td>X</td>
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<tr>
<td>Use your safe place</td>
<td>Voice your concerns</td>
<td>Write down your feelings</td>
<td>Exhale. Breathe out your feelings</td>
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<tr>
<td>Yell as loud as you can into a pillow</td>
<td>Zone out and relax yourself</td>
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**Happiness Chemicals and how to hack them**

**DOPAMINE**
- The reward chemical
- Completing a task
- Doing self-care activities
- Eating food
- Celebrating little wins

**OXYTETIN**
- The love hormone
- Playing with a dog
- Playing with a baby
- Holding hand
- Hugging your family
- Give compliment

**SEROTONIN**
- The mood stabilizer
- Meditating
- Running
- Sun exposure
- Walk in nature
- Swimming
- Cycling

**ENDORPHIN**
- The pain killer
- Laughter exercise
- Essential oils
- Watch a comedy
- Dark chocolate
- Exercising
THINGS YOU CAN CONTROL

YOUR BEING
YOUR BELIEFS
YOUR ATTITUDE
YOUR THOUGHTS
YOUR PERSPECTIVE
YOUR BEING CHOICE
HOW HONEST YOU ARE
WHAT BOOKS YOU READ
HOW OFTEN YOU EXERCISE
HOW YOU TREAT YOURSELF
HOW MANY RISKS YOU TAKE
THE TYPE OF FOOD YOU EAT
HOW KIND YOU ARE TO OTHERS
HOW YOU INTERPRET SITUATIONS
HOW YOU EXPRESS YOUR THOUGHTS
WHETHER OR NOT YOU ASK FOR HELP
HOW MANY TIMES YOU SMILE TODAY
WHO YOU ASSOCIATE YOURSELF WITH
WHAT YOU DO WITH YOUR SPARE TIME
HOW YOU SPEND/INVEST YOUR MONEY
HOW OFTEN YOU SAY I LOVE YOU
HOW MUCH TIME YOU WASTE WORRYING
THE AMOUNT OF EFFORT YOU PUT FORTH
HOW OFTEN YOU THINK ABOUT YOUR PAST
WHETHER OR NOT YOU JUDGE OTHER PEOPLE
HOW OFTEN YOU GIVE TIME TO APPRECIATE LIFE
WHETHER OR NOT YOU TRY AGAIN AFTER A SETBACK

Anxiety is more than nervousness

It’s also...

Irritability Obsessive Thoughts Excessive Worry Panic Concentration Difficulties
Chest pain Avoidance Fatigue Sleep Difficulties Overthinking
Heart Palpitations Irrational Fear Muscle Tension Hyper-vigilance Dizziness
Headaches Withdrawn Sweating Difficulty Breathing Gastrointestinal Problems
Fear of losing control Compulsions Shaking Racing Thoughts Indecisiveness
6 HEALING ADVICES
I wish I knew when starting my healing journey

@about.the.good.life

FILL YOUR CUP FIRST. GIVE ONLY FROM YOUR OVERFLOW.

CREATING BOUNDARIES WILL MAKE OTHERS FEEL UNCOMFORTABLE. DO IT ANYWAY!

YOU CAN FEEL WHOLE & COMPLETE - AMIDST THE BROKENNESS.

IT'S OK (AND IMPORTANT) TO TAKE A BREAK FROM HEALING.

NOT EVERYONE WILL SUPPORT YOU. CONTINUE YOUR JOURNEY ANYWAY.

BE PATIENT. CHANGE DOESN'T HAPPEN OVER NIGHT.

You always talk about your mistakes—stop. There are no mistakes. All we have are lessons and information about what has happened or is happening.

—s. mcnutt