

Maintaining Physical and Mental Health During Remote Learning

Practicing healthy habits can help you create balance, bring peace, and reduce stress!
Be kind to yourself and to your body, and remember to take one day at a time!
You've got this!



Set Boundaries

- Post your class or exam schedule on your door so your housemates know when you need focused alone time!
- Be intentional about setting aside time for yourself outside of school, family and friends.
- Make a plan for your day that includes class, studying, eating etc. Establishing a routine can help normalize the abnormal.



Take Mental Breaks

- Sit outside or go for a walk and take in the fresh air.
- Practice a relaxation activity (meditation, yoga, or silence).
- Listen to a song that motivates you (Try Roar by Katy Perry or DJ Khaled's All I Do Is Win).
- Schedule a virtual coffee break with friends or family members.

Stay Active



- Dance like no one is watching to your favorite song!
- Build workouts or some physical activity in to your daily schedule.
- Participate in free online workouts in lieu of the gym: Try these: The Body Coach, Fitnessblender, Popsugar Fitness!

Stay Connected



- Set up a bi-weekly calls with family and friends who bring you joy and who encourage you.
- Plan a virtual movie night! (netflixparty.com)
- Connect with classmates and friends through a game night (pogo.com).

Reach Out For Help



- If you start to feel overwhelmed by your emotions, reach out to campus resources for help! We are here for you!
- Talk to a trusted friend or family member about how you are feeling!
- Anxiety is common and is usually a sign that you need to take a step back. Tips on how to deal with Anxiety.

Austin College Resources

Counseling Services: 903-813-2247

College Chaplain: 903-813-2220