

Framingham State University Counseling Center

Tips to Manage COVID-19 Social Distancing, Quarantine, and Isolation

Consider supporting your mental health by creating a schedule that includes coping activities from each of the topics below:

Staying Active

- [Dorm Room Yoga](#)
- [5 Workouts to do at home while social distancing](#)
- [Strength Training without weights by Joanna Soh](#)

Wellness Resources

- [ULifeline: Online resource for college mental health](#)
- [Relax and breathe for 10 minutes matching your breath to the shapes](#)
- [10-Minute Loving Kindness Meditation](#)
- [7 Steps can help you get some rest during this unsettling time](#)

Meditation Apps

- [Headspace](#)
- [Calm](#)
- [Insight Timer](#)

Connect with Others

- Text, email, and write letters to loved ones
- Share a meal with a friend using videoconferencing
- Host a [Zoom](#) party
- Begin a [GroupMe](#) chat with friends and/or family
- [Watch a movie with someone](#)
- [Play free online games with friends](#)

Need help from a counselor?
Make an appointment with us!

Teletherapy sessions are available at the FSU Counseling Center

Email: counselingcenter@framingham.edu or call **508-626-4640**