

# BEING A SUCCESSFUL GC STUDENT WHILE QUARANTINED

## 1 PRIORITIZE

The way you are accustomed to studying and learning is going to **dramatically** change. You may have a new daily schedule and new responsibilities. Try not to get overwhelmed. Take time each day to figure out what **can** be done, and do it in order of importance. (**Not everything is important.**)

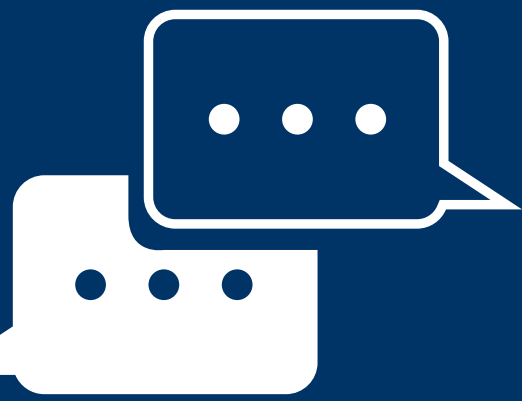


## 2 SLEEP WELL

Sleep is a great healer for your body and mind. During times of physical illness or psychological stress, you need **more** and **better** sleep. However, if you find yourself sleeping all the time, you may be depressed, and should check in with people who care about you.

## 3 EXERCISE

Quarantine will make staying fit more difficult, but not impossible. You should stay away from gyms, but there are many other ways to exercise. Go outside. Take a walk or a run. Practice yoga at home. Stretch. Live. Find some stairs and climb them. Plant a garden. Dance!



## 4 CONNECT

**Social distancing** is essential for everyone's health right now, but "social distancing" is really about **physical distancing**. There are many ways to "connect" from afar. Chat online. Skype. Facetime. Phone a friend. **Commit to connecting with another human being at least once every 24 hours.** Check in on others often. Loneliness kills.

## 5 STAY INFORMED

You're in college, so you already have an ability to discern good information from bad information that is greater than the general public's. Trust experts. Trust peer-reviewed scientific data. Do not trust, repeat, or share information from unreliable sources. Regularly consult the World Health Organization website and the Centers for Disease Control website. The Grayson College website and social media channels will continue to be excellent sources of information for you.

