

Coping With Social Distancing

Tip Sheet

1. Get some fresh air, safely.

- Try to get up and get out of the house – go for a walk around the block, stand at the end of the driveway, or open a window. Observe proper safety measures.
- Practice deep breathing and try breath control exercises.

2. Get physical.

- Observe your posture and be aware of body tension when using devices.
- Take movement breaks.
- During distance learning, have your students do at least a few minutes of physical movement each class, no matter what the topic of the class is.
- Try having students attend class in a different position – standing, lying, upside down, etc.

3. It's ok to grieve.

- Uncertainty, fear, missing out, frustration, annoyance, disappointment, loneliness, grief, etc. are all valid.
- While we can look at this time as an opportunity to learn coping and resilience, it's still unfair and sad.
- Write your feelings about it down to get them out of your brain.
- Let your students know that they can talk to you about how they're feeling, or direct them to another appropriate resource, such as a school counselor or mental health help line.

4. Be gentle with yourselves and others.

- We have all been thrown into the unknown – dealing with a new situation, no end in sight, no balance of work and home life, fear, stress, technology woes, conflicting information.
- We can't do it all, and that's ok.
- Students, please know that your teachers care about you, and vice versa.

