

Staying home during the COVID-19 Outbreak

- To reduce the spread of COVID-19, it is important to stay home as much as possible.
- Research has shown that having a regular, structured routine helps to maintain physical and emotional health.

Vancouver Island Psychological Services
clinicians are offering telehealth appointments
reception@vippsychology.ca
250-727-7060 / 1-877-727-7060

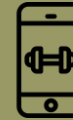
Overwhelmed? Need immediate support?
Vancouver Island Crisis Line
1-888-494-3888
(24 hour support)

Six Tips to Maintain a Routine at Home

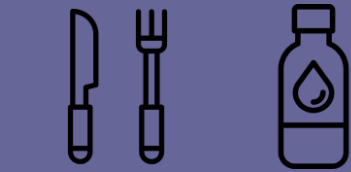
1. Set an alarm for your usual waking time. Go to bed at the same time every night.



2. Keep physically active indoors. Look for free work out classes online that don't require special equipment.



3. Find creative ways to connect socially. Pick up the telephone or "hang out" virtually by having coffee, watching a movie, or playing a game on video call.



4. Eat at regular mealtimes throughout the day. Drink plenty of water.

5. Schedule blocks of time to mimic a "work day" or "school day", with coffee breaks and lunch in between.



6. Use this time to get back into fun hobbies and to check things off your "to-read" or "to-watch" list.

