

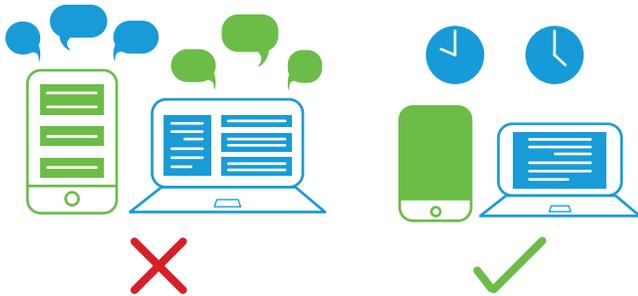
# WELLNESS IN COVID-19

## Debunking Common Quarantine Myths

**Myth:** Continuously checking the news will provide me with the most up to date information.

**Fact:** Multiple news sources can be overwhelming and increase anxiety without adding knowledge.

**Our tip:** Only check 2 trusted sources a day. Set a time limit for your news intake, and then detach.



**Myth:** Ruminating about how COVID will impact my future prepares me for all the possible outcomes.

**Fact:** Unless you have a crystal ball, trying to predict the future is impossible and only increases current stress.

**Our tip:** Try to stay in the present moment and focus on things you can control.



**Myth:** I should check in on my friends and family in high-risk zones and jobs. I want to be considerate, so I should try to minimize my own anxiety to be there for them.

**Fact:** Having loved ones at risk can be very stressful, especially in areas with high case numbers. However, don't discount the impact of your stress. You need to fill your own cup before filling others'.

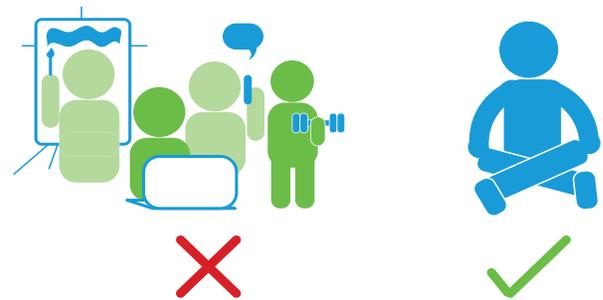
**Our tip:** Ask those in high-risk areas what helps them! Try connecting through less emotionally-taxing activities such as games, and don't forget to take time for yourself too.



**Myth:** Since we're all spending so much more time at home, we should be productive. I should be working as equally as exercising, making art, writing, etc.

**Fact:** This is a challenging time right now for everyone. It's okay to take time to process and cope! There is no "right" way to spend this time.

**Our tip:** Listen to your body and prioritize wellness. Even if you're not working, try to keep a schedule of waking up, meals, exercise breaks, or social time, but don't feel bad if you don't get everything done!



**Myth:** If I'm co-quarantining, I should take advantage of the opportunity to spend more time with people I live with.

**Fact:** Everyone is entitled to private time, whenever it's needed! Even if it's just putting headphones in.

**Our tip:** Give yourself and others permission to take space as needed to recharge mentally and emotionally.

