

Youth-Provided Tips on how to stay Physically, Mentally, and Emotionally safe during the COVID-19 Pandemic

These tips were provided by Youth MOVE Youth in North Carolina

Health and Hygiene:

- Use Hand Sanitizer often
- Wash hands for at least 20 seconds. Try singing Happy Birthday twice while washing your hands
- Take Showers often
- Lysol areas that are touched frequently
- Be sure to keep 6 feet away from people if possible, even while indoors and near your family.
- Be extra careful around elderly people. We have stronger immune systems than them and have a better chance recovering from illness.
- Try not to touch face or mouth.

Staying Mentally and Physically Healthy

- Go outside for walks, exercise, or yard work- but stay 6 feet away from other people.
- Wear gloves when going outside.
- If you can't go outside, find ways to exercise indoors. This can include dancing, yoga, or just jumping jacks and push-ups.
- Take vitamin supplements. Our bodies need Vitamin C and D from sunlight.
- Connect with friends virtually. Skype and Google Hangouts are free options. We as humans need social interaction.
- Find ways to have fun. Board games, puzzles, and other mind stimulating activities are important to keep mentally sharp.
- Museums and zoos offer free virtual tours. Take advantage of them. Discover and learn things you might not have learned in school.

Staying Emotionally Healthy

- Use this time to plan your future through futures planning. Use Youth Move Adult Advisors to help put together an action plan. This can be in short intervals- 6 months to a year- or long-term goals, 5-10 years
- Create a gratitude journal. Write down what you are grateful for and share with your friends and family.
- Meditate, pray, or be mindfully active during this time.
- Stick to your normal routine, and don't go to bed too late/ wake up really late. Bathe, brush teeth, and eat as normal.

Remember this- "I am creating the best me I can be!" Stay safe and healthy, physically, mentally, and emotionally!