



10 Tips for Wellness during Social Distancing

Dear Joanne,

We hope you and your loved ones are healthy and doing well. With most schools shut down and switching to distance learning platforms, as parents and educators, students' well-being has become our utmost priority.

So, we put together a list of 10 tips for you to share with your students on how to stay mentally healthy during home quarantine.



1. Listen to podcasts to enhance your learning. We especially enjoyed the [Ted Talks Daily](#) episode [How to turn climate anxiety into action](#). Who knows, maybe it will inspire your next service project.



2. Participate in free online workout and yoga classes to stay fit - both physically and mentally. [Barry's Bootcamp](#) and [Shona Vertue](#) are two of many offering home workouts right now.



3. Anxiety grows in times like these. Use a meditation app, such as [Headspace](#), [Breathr](#) or

[Smiling Mind](#), to take care of your mind, body and soul.



4. Test and enhance your second language skills on [Babbel](#) or [Duolingo](#).



5. Maintain your routine. Follow your original class schedule to stay in the learning flow.



6. Call your grandparents - they always appreciate it. Even more so in times like these.



7. Start a digital book club with your English class and stay on top of the reading list. You could use [Skype](#) or [Zoom](#) to meet and discuss the most recent page-turner.



8. Use [YouTube](#) to learn a new hobby - whether that's DJing or [baking with Georgia](#) is totally up to you!



9. Spend time researching where you might want to go to [university](#), or how you want to plan your [gap year](#) to truly make a difference.



10. Party on the weekend. Many musicians and DJs are live streaming their concerts on YouTube, Instagram and other platforms. Check out [Bandsintown Live](#) for inspiration, hook up your best speakers, dim the bedroom lights and party like no one is watching. Because no one is :)