

## QUARANTINE CARE PLAN

	Mon	Tue	Wed	Thu	Fri	Sat	Sun
<b>First Things To Do:</b>							
Create a Schedule and Stick to It	Completed:						
Create a Self-Care Toolkit or Box*	Completed:						
Create a "Retreat Space"	Completed:						
<b>Do Every Day:</b>							
Get Washed and Dressed							
Get Outside (30+ min)							
Healthy** Exercise (30+ min)							
Practise Healthy** Eating Habits							
Talk to Friends/Family (30+ min)							
Tell Yourself: "They are doing their best"							
Practice Radical Acceptance of What Is							
Practice Self-Compassion							
Limit Social Media & COVID-19 Talk							
Look For Helpers, Be a Helper							
Work on a Long-Term Project/Hobby							
Do Repetitive, Left-Right Movement***							
Practice an Expressive Art							
Do Something Fun, Joyful, or Funny							
Tell Yourself: "This is Temporary"							
Find Meaning or a Lesson in This							
Set and Maintain Boundaries							
Sit With Your Feelings							
Challenge Your Unhelpful Thoughts							
<b>For Those With Children:</b>							
Spend Extra Time Playing With the Kids							
Expect Acting Out, Respond Gently							
Focus on 'Being With' More Than 'Doing'							
<b>Do As Needed:</b>							
Engage in a Cultural/Spiritual Practice	What:						
Attend a Therapy Appointment	When:						

\* Involve sensory components (seven senses: touch, taste, sight, hearing, smell, vestibular [movement] and proprioceptive [comforting pressure]). Ideas: soft blanket, stuffed animal, hot chocolate, photos of vacations, comforting music, lavender oil, rocking chair, weighted blanket, journal, inspirational book, mandala coloring book, blowing bubbles, blow painting, mint gum, ginger ale, frozen Starburst, ice packs.

\*\* Healthy is: responsive to your body's cues, mindful/intentional, flexible, pleasurable, and self-compassionate

\*\*\* Research has shown that repetitive movement (i.e., knitting, colouring, painting, clay sculpting, jumping rope, etc.) – and especially repetitive left-to-right movement (i.e., running, drumming, skating, hopping) – are effective for self-soothing and promote self-regulation in moments of distress.

This quarantine care plan is based on New York State psychologist Dr. Eileen Feliciano's quarantine mental health tips, which she posted to Facebook on March 20, 2020, as well as Dr. J. Lauren Johnson's after-care plan used with clients who terminate therapy.

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