Research has shown that psychological well-being is positively associated with student engagement, persistence, and performance. Below is a list of self-care ideas that you can incorporate into your schedule during quarantine:

**Emotional**
- Reduce time on phone. Set a daily media/news limit.
- Create a gratitude list.
- Seek help and support from others when needed. USC CMH offers [counseling online](https://www.usc.edu/dept/student-health-and-well-being/counseling.html).
- Practice positive self-affirmations and self-compassion.
- Acknowledge your fears, anxieties, and concerns. Feel what you feel. Practice empathy, kindness and grace for yourself.

**Social**
- Stay connected with support systems via Zoom or FaceTime.
- Have a Netflix Party night.
- Start a book club.
- Join a student organization.
- Attend a webinar/online event.

**Environmental**
- Clean, organize, and declutter your space. After work/class, put items away into a designated space (closet, backpack, desk, etc.)
  - Check out these videos on [organization](https://www.usc.edu/dept/student-health-and-well-being/counseling.html) and [ergonomics](https://www.usc.edu/dept/student-health-and-well-being/counseling.html).
- Adjust your workspace for proper body positioning.
- Open a window or go outdoors for some fresh air.

**Physical**
- Maintain your usual daily routine (wake up at the same time, shower, dress, etc.).
- Stretch during breaks.
- Eat nutritious snacks and meals.
- Maintain a night-time routine. Try out a sleep program on your phone or use an app (ex. [Doze](https://www.usc.edu/dept/student-health-and-well-being/counseling.html)).

**Occupational**
- Create a vision board of what you want to achieve.
- Visit the USC Career Center to research internships, check out upcoming events, or make a virtual appointment with a Career Advisor.
- Use the [Trojan to Trojan Initiative](https://www.usc.edu/dept/student-health-and-well-being/counseling.html).

**Financial**
- Create and maintain a budget.
- Define and set financial goals.
- Check out [USC iGrad](https://www.usc.edu/dept/student-health-and-well-being/counseling.html) for resources and tools on financial literacy.
- Take 30 minutes each week to go over bill due dates, to check your bank account(s), and to review your financial goals.

**Spiritual**
- Meditate using guided apps such as [Mindful USC](https://www.usc.edu/dept/student-health-and-well-being/counseling.html), [Calm](https://www.usc.edu/dept/student-health-and-well-being/counseling.html) or [Headspace](https://www.usc.edu/dept/student-health-and-well-being/counseling.html).
- Pray or spend time in reflection.
- Find a community with shared beliefs. [USC ORSL](https://www.usc.edu/dept/student-health-and-well-being/counseling.html) hosts events.

**Intellectual**
- Read a book for fun. The USC Library can send books via [Home Delivery](https://www.usc.edu/dept/student-health-and-well-being/counseling.html).
- Learn a new hobby (ex. [Duolingo](https://www.usc.edu/dept/student-health-and-well-being/counseling.html), painting, origami, baking, etc.).
- Complete a word search, crossword puzzle, or sudoku.
- Listen to a podcast.
- Visit a museum virtually or check out virtual travel options.

**Social**
- Stay connected with support systems via Zoom or FaceTime.
- Have a Netflix Party night.
- Start a book club.
- Join a student organization.
- Attend a webinar/online event.