

COPE UP!

Positive ways to deal with Self-Quarantine

We know that self-quarantine and all the changes at Job Corps due to COVID-19 can be tough to cope with. These strategies can help you stay in a positive mindset and keep your spirits up.

Do Something Fun

Every day do at least one thing you enjoy – singing, listening to music, talking with a friend.

While doing it, focus only on the fun activity, not worry or sad thoughts.



Use Your Imagination

You can go anywhere you want in your mind.

Find a comfortable spot. Imagine the most beautiful or fun place where you have been or would want to go.



Take a 10 to 15 minute vacation in your "happy place."

Laugh Out Loud (LOL)

It's really true that "Laughter is the best medicine," and it may make you live longer!

Laughing:

- relaxes your muscles
- relieves stress
- boosts your immune system
- strengthens relationships



Jokes and funny videos are easy to find on the Internet.

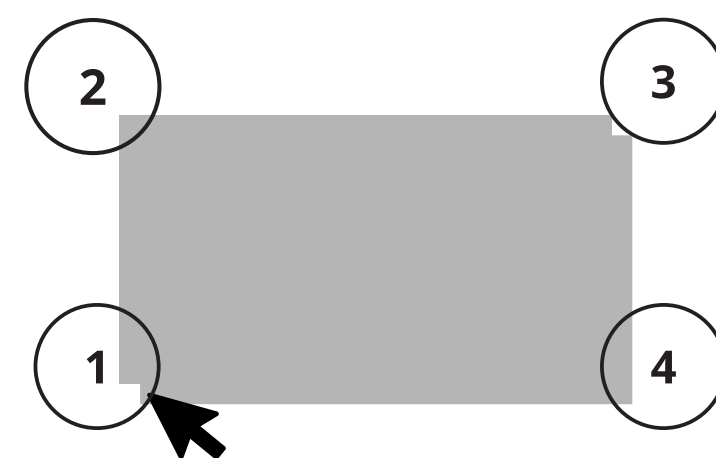
Find a Different Focus

Bring your attention to the present moment – rather than worrying about the past or the future.

- Take a few deep breaths, then notice your thoughts as they come and go like clouds in the sky. You are not your thoughts, and you can choose which ones to believe.
- Gently "let go" of any worry or sad thoughts without judging them or yourself.
- Find a different focus: gently redirect your attention to an image (a beautiful place), a word (like relax or calm), or 1 of your 5 senses (sounds around you, the feel of a soft blanket, or the taste of mint gum).

Deep Rectangle Breathing

Start in the lower left corner.



- As you go up the side of the rectangle from 1 to 2, take a deep breath in thru your nose for 4 seconds.
- As you move across the top from 2 to 3, slowly blow out thru your mouth for 6 seconds.
- As you go down from 3 to 4, breathe in through your nose for 4 seconds.
- As you go across the bottom of the rectangle, slowly blow out through your mouth for 6 seconds.

Repeat up to 10 times. Ahhh.

Go With Gratitude

You can always find something to be grateful for even during tough times.

Make a habit to focus on what you what you have that's good in your life.

As soon as you wake up or just before you go to bed, make a note of 3 things you are thankful for -- the breath in your lungs, a sunny day, and people who care about you.

Try to add at least one new item to your list every day!



Do The Basics – S. E. E.

Take care of yourself by doing the basics

SLEEP – Without good sleep, you may have trouble focusing, be more irritable and be more likely to get sick.

EAT – Eating healthy (not too much junk food & sweets) is the key to feeling good and looking good.

EXERCISE – In your room, you can do stretches, jog in place, or do wall or floor push-ups and sit-ups. Keep your body moving!



*If you are struggling, please reach out.
Help is available 24/7.*

**IF YOU ARE HAVING TROUBLE WITH SLEEPING, EATING OR
YOUR MOOD, HEALTH & WELLNESS STAFF CAN HELP.**

Apps

Help with Harmful Thoughts

- Calm Harm
- Mood Tools
- Virtual Hope Box
- Safety Plan

For Relaxing, Sleep and Mindfulness

- Relax Melodies
- Calm
- Headspace
- Insight Timer

Peer Mentoring

18percent.org

- More than 18% of Americans are living with mental health issues
- Free online Slack community

onyourmind.net

- Peer Supported Teen Crisis Chat
- Safe and anonymous

JC Safety Hotline and App

- Can report anonymously (*you don't have to give your name*)
- Call **1-844-JC1-SAFE (521-7233)**
- Text using app JC1 Safe
- Website: <https://app.jctips.com>



**JC1 Safe
App**

National Suicide Prevention Lifeline

1-800-273-TALK (1-800-273-8255)

En Español: 1-800-628-9454

Text HOME to 741-741

Chat at suicidepreventionlifeline.org/chat/

Deaf/Hard of Hearing: 711, then 1-800-273-TALK

