









Quarantine & Care

Hey, MCU student! As we collectively transition to remote coursework and practice physical distancing amid the COVID-19 pandemic, the Student Wellness Center wants you to know you are supported and resourced wherever you are. Below are suggestions of how to practice self-care while under quarantine!

Physical 	Mental 	Social 	Academic 
<ul style="list-style-type: none"> • Maintain distance from others • Wash hands often • Eat healthy meals • Release tension with daily exercise • Get a good night's rest • Be aware of your treatment provider 	<ul style="list-style-type: none"> • Schedule virtual counseling with SWC staff • Join SWC for Mindful Mondays • Maintain daily routine • Create a to-do list • Stay up to date with CDC notifications 	<ul style="list-style-type: none"> • Determine your support system • Virtually connect with loved ones (Zoom, Skype, Google hangout, Facetime, calls, texts, email, etc.) • Play with your pets and furry friends 	<ul style="list-style-type: none"> • Turn on MCU notifications • Create a home workstation • Complete all assignments • Take breaks • Communicate with professors • Stay in touch with classmates
Financial 	Emotional 	Spiritual 	Other – Free! 
<ul style="list-style-type: none"> • Exchange/share resources • Create a budget • Consider filing unemployment (consult w/your HR Dept.) • On campus -communicate with ResLife • Resources 	<ul style="list-style-type: none"> • Join SWC for Wellness Wednesdays • Take breaks from social media • Journal thoughts and feelings • Engage in new or favorite hobbies • Make yourself laugh with tv, film, and memes! 	<ul style="list-style-type: none"> • Engage in spiritual practice • Connect with community members • Create comforting affirmations • Deep clean your living space • Spend time with plants and nature 	<ul style="list-style-type: none"> • Virtual museum tours! (people.com) • Read an Ebook! • Listen to an audiobook! • Watch an indie film! • Download coloring books! (openculture.com)

For more resources and information, contact the Student Wellness Center

(310) 303-7244 | wellness@marymountcalifornia.edu

Schedule

8:00a – 8:45a	Morning Routine Breakfast, hygiene, organize workspace
9:00a – 10:00a	Self-Care Hour Exercise, Journaling, Prayer, Coloring, Meditation
10:15a – 12:00p	Academics Check MCU emails, update your to-do list, complete assignments, study
12:00p – 1:00p	LUNCH Eat a healthy meal
1:15p – 2:45p	Academics or Creative Time Continue working on assignments or work on other personal projects
3:00p – 4:15p	Self-Care Hour: Fresh Air Time Take a walk or sit outside or exercise (keep your distance)
4:30p – 6:00p	Academics or Creative Time Continue working on assignments or work on other personal projects
6:30p – 8:00p	DINNER Eat a yummy meal
8:00p – 10:00p	Family/Friend Time Spend quality time with loved ones through conversation, board games, movies, etc. Via Zoom/Facetime...
10:00p – 11:00p	Night Routine Hygiene, set alarm, wind down for bed