

# Dorm Hacks for COVID 19

## Get Comfortable in your Room

- **Organize your space.** It is easy to get in a “rut” when you are surrounded by clutter or mess 24/7. Declutter by getting rid of unnecessary items. Use this time to do some spring cleaning. Donate clothes that have stayed in the back of your drawer/closet all year. Go through your pantry and fridge for expired/stale food items.
- **Re-arrange furniture** (if necessary) to allow for more space. You will be spending a lot of time in your room, so do what you can to make your space as comfortable as possible.

## Stay Connected

- **Reach out** to friends, family and co-workers. Utilize current technology i.e. social media, video chat & messaging apps, etc. There are many apps like HouseParty and Zoom that allow several people to video-chat at once.
- **Chat online** while playing a video game. This is a good way to catch up with friends and family while participating in an activity together. Limit screen time to 3 hours per day as this can have a negative effect on your sleep schedule.



## Keep Active (Mind and Body)

- **Try a new hobby;** learn a foreign language (try the free Duolingo app), try a new recipe, sign-up for an online class/workshop.
- **Go outside** at least once a day. Try going for a walk or run while maintaining appropriate social distance. If the weather is too cold or rainy, try spending most of your day near a window with natural sunlight.
- **Download an at home exercise app,** or look for a home workout regime. Tons of options exist online! Yoga, HIIT, etc. Staying physically fit to the best of your ability is vital to the mission and your mental well-being.

## Stick to a Routine



- **Document your daily routine** in a journal or calendar. Write down what you want to do each day and when you would like to do them. This will increase the likelihood of accomplishing your tasks thus making you feel more productive.
- **Maintain some consistency** i.e. bed time, wake time, breakfast, changing your clothes etc. Do not stay in the same clothes you slept-in all day! Keep up with personal hygiene even though you don't anticipate seeing anyone all day.