

Build Your Best You

Take a Break and Be Safe

Hearing that you need to practice safe social distancing may mean changing your habits, but the goal is to ensure that you are healthy. When you're feeling like you need a break from studying or watching TV, try these activities:



Take a walk or eat a meal outside in the fresh air.



Mindfully disconnect from social media.



Check in with family via phone or video call.



Listen to music you love or find a new artist to explore.



Write, draw or get creative in new ways.



Live stream a play or lecture that's NOT for class.



Pick up what you need from the store.