

With COVID-19 changing the way we work and learn rapidly, the Jordan Porco Foundation wants to make sure that YOU are being kind to yourself during this difficult transition. We may not be able to bring the fun fair-like atmosphere of Fresh Check Day to your living room but, we have put together a selection of Fresh Check Day activities that can be done at home. While in quarantine it is important to check-in with your mental health. These six activities will help reduce stress, get your body moving, put you in a positive mindset, and more!

If you or someone you know is struggling,
there is hope and help available.


Phone, Text, Web & Chat Resources:

- **Crisis Text Line** | TEXT 741741
- **National Suicide Prevention Lifeline**
CALL 1-800-273-8255 or CHAT online 
- **Veterans Crisis Line**
CALL 1-800-273-8255 (Press 1), TEXT 838255, or CHAT online
- **Alcoholics Anonymous Online Intergroup**
aa-intergroup.org 
- **SMART Recovery Online**
smartrecovery.org/community
- **RAINN (Rape, Abuse & Incest National Network)**
CALL 860-656-4673 or CHAT online
- **TrevorLifeline (LGBTQ+)**
CALL 1-800-488-7386, TEXT 678678, or CHAT online

check in at home

Practice self-care and find coping skills that
work for you!




Uplift at home:

- **Make an Uplift Kit.**
Fill a jar with ideas for self care and coping to pull from when you need inspiration. Watch a funny movie, read, get outside, call a friend, take a bath, do a puzzle, etc. 
- **Video chat.**
Use programs like Zoom, FaceTime, and Skype to stay connected to friends and family that you can't see in person. 
- **Journal.**
Write about how you're feeling! 
- **Meditate.**
Take a break from the noise, get grounded, and breathe! Apps like Calm and Headspace are great tools to help anybody practice meditation. 

check in at home

Physical activity has positive effects on
overall wellness, including mental health!

Boost at home:

- **Go for a walk or run outside.**
Take the dog (if you have one) and explore new streets and trails. 
- **Practice yoga.**
There are plenty of instructional videos on YouTube or support your local studios that may currently be offering online classes. 
- **Play a video game.**
Games like Wii Fit and Dance Dance Revolution can be both fun and active. 
- **Dance.**
Get your friends together over a video conference, play some music, and have a dance party!

check in at home



Artistic expression can help reduce stress and anxiety and improve well-being

Paint Your Art Out at home:

- **Color.**
Take out those coloring books or free draw. You can even download coloring apps on your phone!
- **Paint.**
Paint uplifting words on rocks or make art for friends. Lots of artists are offering free tutorials online!
- **Chalk.**
Get outside and decorate your sidewalk!
- **And more!**
Create sculptures with clay or playdough, make friendship bracelets, take photos of nature, sing and make music... whatever brings you calm and joy!



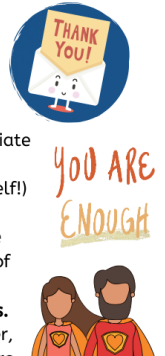
check in at home



Focusing on your strengths and embracing a positive attitude can better equip you to thrive in your environment.

Thrive at home:

- **Practice gratitude.**
Make a daily list of things you're grateful for.
- **Show appreciation.**
Write a note to someone you appreciate and tell them why. Be kind and compassionate to others (and yourself!)
- **Make a "CAN" list.**
When it feels like so many things are outside of your control, make a list of things you CAN do.
- **Use your mental health superpowers.**
Whether you're funny, a good listener, or a validator, everyone can be a hero to somebody.



check in at home



Helping others helps you, too! It creates a sense of purpose and satisfaction and protects against isolation and distress.

It Takes a Village at home:

- **Share your talents.**
If you have a skill, whether it be academic, artistic, musical, or crafty, use it to teach, inspire, or uplift.
- **Crowdfund.**
Raise money online for a cause you support in a time when many nonprofits may be impacted.
- **Shop/order local.**
Support heavily impacted small businesses and restaurants through online purchases, take out, or delivery.
- **Get creative.**
Run errands for vulnerable populations, foster an animal, etc.



check in at home



Developing a healthy, positive body image is important for our mental health.

YOUUnique at home:

- **Ditch the negative self talk.**
Leave positive messages on your mirror and think about the non-physical qualities that make you, YOU!
- **Be gentle with yourself.**
For everyone, especially those with histories of disordered eating, changes in routine around food and exercise can be scary and challenging. It's ok to not be perfect!
- **Reach Out.**
Talk to someone you trust about how you're doing. If you're struggling and need support, contact the NEDA Helpline. Learn more at [nationaleatingdisorders.org](https://www.nationaleatingdisorders.org)

