Info box

Quarantine can be stressful.
Stress can manifest itself physically and psychologically.
Some people report depressed mood or irritability or anxiety or trouble sleeping or difficulty concentrating.
For some people, emotional stress manifests more in physical symptoms, such as palpitations, shortness of breath, chest tightness, gastrointestinal distress, dizziness, headaches, trouble falling asleep, and nightmares.

Some people do well in quarantine. Quarantine can also be relaxing.

All of these are normal and can happen to me.
How am I?

QUARANTINE PASS

THEORY

Support and help

I cannot or do not want or have to go through this alone.
At what point do I want help?
Who do I contact when this feeling comes:
Individual contacts (friends, family):
Official contacts (school, social work or similar):

Taking good care of yourself - Do things that are good for you

Things that are good for me are:
A) What I like to do on my own
B) What has been proven to be good

Inspiration and Info:
Exercise: Breathing techniques, stretching, exercise, walking, being outside, swinging
Nutrition: balanced, regular, can support daily structure, cooking
Bingewatching (more than 2h a day) has negative impact on mood - just know.

We are social beings

How do I manage social contact in quarantine?
Who should be my quarantine buddy (QB)?
At what set times do I communicate with my QB?
Who else do I want to have contact with and how?

Corona - Info and corona-free

When are my corona-free times or when and how long do I make corona a topic in my day?
What do I want to know about corona in my quarantine situation?
What knowledge helps me in my well-being?

Daytime structure

time	duty	nice activities

With x fulfilled duties, I postpone or cancel a duty or treat myself to a reward.
There should be approximately the same number of nice activities and duties.

Tips and inspirations:
fixed task times
fixed break times
fixed closing time
Coffee dates (virtual and real)
Apps can be useful
Stay realistic - rather do less than too much
Plan for rewards

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QUARANTINE PASS

MY PERSONAL WAY

Support and help

Taking good care of yourself - Do things that are good for you

We are social beings

Corona - Info and corona-free

Daytime structure

time	duty	nice activities

Plan the exact daily structure only when the time comes.
Make a note here of what you would like to keep in mind should you go into quarantine: