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!

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.

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!

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 866-343-7968 or CHAT online
• TrevorLifeline (LGBTQ+) CALL 1-800-488-7386, TEXT 678678, or CHAT online

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