HOW TO MAKE THE BEST OF YOUR....

HOME-STAY

PLAN YOUR DAY

Make your daily schedule the night before and include study hours, free time, virtual social time, meals and exercise and time outside (garden, balcony or wherever you can!)

Try out what works best especially if you live with family or other people. Shift things around if neccessary.

SET ALARMS

Literally, set different alarms for everything to avoid getting lost in time...

SET YOUR SPACE

Find different areas for different activities. Even if you move from your bed to the sofa to the kitchen chair to the floor...

GET YOUR BUCKET LIST OUT AND START 1 PROJECT

You do not want to be the one who comes out of quarantine and says "Oh, in the end I just slept and watched YouTube, Tik-toks, Netflix ...(you get the idea...).

Be the one who goes: "Actually, I learned to play the ...../how to.... etc
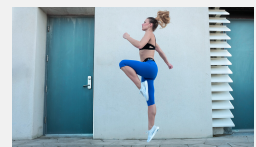
And... be so proud of it!

TRY YOGA OR MEDITATION OR BOTH

You have heard it all over and this just proves that it is true...

This stuff helps with your mind and mental health and an overall good feeling!

Start with 5 minutes (or 2 min like me..) and just give it a go for 10 days!

TAKE BREAKS

Get up at least every hour, move a bit, go to the restroom, do 10 jumping jacks, run in place for 1 minute... MOVE!

SPEAK UP & ASK FOR HELP

When things get tough, and you are so bored and stressed and all is just too much, don't just push through it.

Talk to your parents, a teacher you like, an online coach or health professional.

This is also self-care and now you have the time to do this!

CALL OR VIDEO CALL YOUR FRIENDS AND FAMILY

Social distancing equals virtual connecting!!!!!

Even if you have to set up all the calls in the beginning, just do this! You will make other people so happy and you will feel so glad you did this.

MAKE AN ACHIEVEMENT LIST

Track your work and progress every night! Write it down (or put it on post-it´s and stick them on your wall). Don´t beat yourself up if the list has just 1 item on it. That is more than most people did today!