

Weekly Schedule Using G.R.A.P.E.S During COVID-19



Choose one activity (or make up your own) from each category, each day to help plan/schedule a routine and manage stress.

Gentle with self	Relaxation	Accomplishment	Pleasure	Exercise	Social
<ul style="list-style-type: none"> • Drink enough water daily • Talk more kindly to yourself • Journal • Practice self-compassion • Write/say affirmations • Write an encouraging letter to yourself • Say no to an inconvenient request • Meditate/deep breathing/guided imagery • Apps: Calm & Headspace • Read a self-help or self-nurturing book • Communicate needs/feelings to a loved one • Reflect on what you value in life, enjoyable memories, your dreams, what you are grateful for, what you enjoy • Resource on grieving • Healthy sleep habits 	<ul style="list-style-type: none"> • Remind yourself it's okay to relax • Meditate, deep breathing, guided imagery • Progressive muscle relaxation (PMR) • Grounding exercises • Apps: Calm & Headspace • Pray, watch a service • Yoga, Qigong, etc. • Write gratitude journal, poem, song, story, etc. • Take a break from social media/news • Take a shower/bath • Watch the sunrise/sunset • Look at the stars • Garden 	<ul style="list-style-type: none"> • Attend class online • Cook/bake • Tips to work from home • Learn a new skill/hobby/language <ul style="list-style-type: none"> ▪ Sign language, knit, Legos, instrument, origami, chess, etc. • Find a therapist • Do laundry • Make bed, clean, &/or organize room/house <ul style="list-style-type: none"> ▪ GH organizing tips ▪ HGTV organizing • Repair things at home • Do something kind for someone else • Update your resume/LinkedIn/contact list/delete old emails • Focus on what's in your control 	<ul style="list-style-type: none"> • Read/audible a book <ul style="list-style-type: none"> ▪ NY Times best sellers ▪ B&N best sellers ▪ Apps: Libby, Scribd • Do a puzzle • Watch TV, movie, etc. • Listen to music, podcast, comedy show • Play with a pet • Dance! • Art/craft/collage • Pinterest • Journal/write a poem/song/story • Cook/bake • Live zoo cams • Virtual museum tours • Broadway plays online • Virtual Disney rides • Play cards/ games • Download games: Heads Up, Family Feud Live 	<ul style="list-style-type: none"> • Go for a walk, run, hike • Free/discounted workouts • LiveStrong workouts • Yoga by VeryWellFit • Workout Apps: <ul style="list-style-type: none"> ▪ SWEAT with Kayla ▪ Popsugar Fitness ▪ Fitness Blender ▪ Daily Burn 	<ul style="list-style-type: none"> • Call friends/family • Text friends/family • Start a gratitude text with 5 friends or family members • Zoom/skype date with friends/family • Cook with loved ones via skype, zoom • Send an email to a loved one • Write a letter to an old friend • Tell someone how you feel about them • Take an online class • Post/write to someone on social media

Resources:

- [You Are USD website](#) and USD Counseling Center: 619-260-4655 (crisis support available 24/7)
- National Suicide Prevention free and confidential line available 24/7: Call 1-800-273-TALK (8255). [Emotional well-being](#) during COVID-19
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522. [Staying safe](#) during COVID-19
- [Substance Abuse and Mental Health Services Administration's](#) (SAMHSA's) Disaster Distress Helpline: 1-800-985-5990 or text TalkWithUs to 66746
- [Alcoholics Anonymous](#) (AA) meetings/info. [Narcotic Anonymous](#) (NA) meetings/info
- [Feeding America Food Bank](#) locations

Additional links:

- [World Health Organization](#) information on COVID-19
- [American Psychological Association](#) resources during a pandemic
- [Center for Disease Control and Prevention](#) (CDC) tips for daily life and coping during COVID-19
- [FACE COVID](#) resource by Dr. Russ Harris, author of The Happiness Trap
- [Facts \(and Myths\) About Boosting Your Immune System](#) by The Wall Street Journal
- [9 Tips to be Productive When Working at Home](#) During COVID-19 by Forbes



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	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<u>G</u>entle with self							
<u>R</u>elaxation							
<u>A</u>ccomplishment							
<u>P</u>leasure							
<u>E</u>xercise							
<u>S</u>ocial							