

14 Days of Isolation Activity Resources

ONE ACTIVITY FOR EACH DAY IN ISOLATION



DAY 1

Advice from an [astronaut](#) on coping with isolation



DAY 2

Check out these self-care tips, resources, & connections with [Active Minds](#) Student Slack



DAY 3

Read about 17 normal feelings for college students [today](#)



DAY 4

Begin to journal about your thoughts and feelings



DAY 5

Host a virtual [Netflix Party](#) with friends and family



DAY 6

Have a virtual [game night](#), online games, and more [game night](#) options at [Wirecutter](#)



DAY 7

Increase your [typing speed](#)



DAY 8

Check out Student Counseling Center Canvas site: [Multimedia Videos](#)



DAY 9

Get outside... while staying [inside](#)



DAY 10

Follow the Student Counseling Center [@jeffersoncounselingcenter](#) on Instagram



DAY 11

Listen to Dr. Tara Brach's [podcast](#) on meditation and coping with a pandemic



DAY 12

Check out these general college mental health [resources](#)



DAY 13

Spend time creating an online [vision board](#)



DAY 14

Create a playlist of upbeat songs

MORE RESOURCES

[Occupational Health Network for Employees and Students](#) (Center City)

[Student Health Services](#) (East Falls)

Counseling Centers: [East Falls](#) | [Center City](#)

[JeffCHATT Peer Support Program](#)



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