

Activity 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.

<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
<ul style="list-style-type: none"> • Drink enough water daily • Talk more kindly to yourself • Journal • Try to forgive yourself • Try to encourage yourself rather than criticize • Write and say positive affirmations • Write an encouraging letter to yourself • Say no to an inconvenient request • HERE to 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 • HERE for info on grieving • HERE for sleep hygiene 	<ul style="list-style-type: none"> • Remind yourself it's okay to relax • HERE to meditate/deep breathing/guided imagery • HERE for progressive muscle relaxation (PMR) • HERE for grounding techniques • Apps: Calm & Headspace • Yoga • Qigong • Journal/write a poem/song/story • 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"> • Cook/bake a meal/snack <ul style="list-style-type: none"> ▪ HERE for recipes • Take an online class • Learn a new skill/hobby/language <ul style="list-style-type: none"> ▪ Sign language, art, knitting, crochet, needle point, chess • HERE to find a therapist (video/call) • Do laundry • Clean/organize room/house <ul style="list-style-type: none"> ▪ HERE for GH organizing tips ▪ HERE for HGTV organizing tips • Repair things around your home • Update your resume/LinkedIn/contact list/delete old emails • HERE to make a list of things you can control 	<ul style="list-style-type: none"> • Read/audible a book <ul style="list-style-type: none"> ▪ HERE for NY Times best sellers ▪ HERE for Barnes & Noble best sellers ▪ HERE for Libby • Do a puzzle • Watch a TV show, movie, documentary • Listen to music • Dance • HERE for Art/craft/collage • HERE for Pinterest • Journal/write a poem/song/story • Cook/bake • HERE to watch zoo live cams of animals • Play cards/board game • Download games: <ul style="list-style-type: none"> ▪ Heads Up, Family Feud Live, etc. 	<ul style="list-style-type: none"> • HERE for free/discounted at-home workouts • HERE to find at-home workouts by LiveStrong • HERE to start an at-home yoga practice by VeryWellFit • Workout Apps: <ul style="list-style-type: none"> ▪ HERE for SWEAT with Kayla 	<ul style="list-style-type: none"> • Call a friend or family member • Text a friend or family member • Start a gratitude text with 5 of your friends/family members • Plan a zoom/skype date with friends/family • Send an email to someone you care about • 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:

- National Suicide Prevention free and confidential line available 24/7: Call 1-800-273-TALK (8255). [HERE](#) for emotional well-being during COVID-19
- National Domestic Violence Hotline: 1-800-799-7233 or text LOVEIS to 22522. [HERE](#) for staying safe during COVID-19
- Feeding America Food Bank locations [HERE](#)







Additional links:

- [HERE](#) for American Psychological Association resources during a pandemic
- [HERE](#) for: Managing Anxiety and Stress during COVID-19 by the CDC
- [HERE](#) for: Facts (and Myths) About Boosting Your Immune System by The Wall Street Journal
- [HERE](#) for: 9 Tips to be Productive When Working at Home During COVID-19 by Forbes
- [HERE](#) for: 6 Mental Health Tips for Parents during the Coronavirus Outbreak by Amy Cirbus Ph.D, LMHC, LPC
- [HERE](#) for: Up-to-date information on the coronavirus (COVID-19) by the World Health Organization

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	Mon	Tues	Wed	Thurs	Fri	Sat	Sun
 Gentle With Self							
 Relaxation							
 Accomplishment							
 Pleasure							
 Exercise							
 Social							