

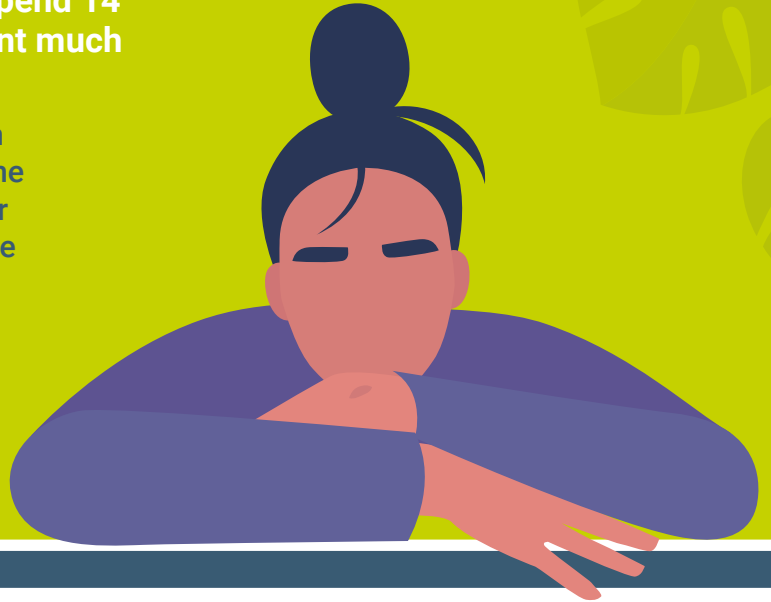
Quarantine Calendar

We won't pretend it is an easy thing to spend 14 days indoors on the heels of having spent much of the past few months indoors.

However, we invite you to view this time as an opportunity – for growth, to prepare you for the challenges that will arise as you navigate your academic and professional careers, and above all, to foster the best sense of community, by keeping your peers safe.

Remember, you are not in this alone.

September 2020



1

Build your
quarantine
schedule

2

Review
course
requirements

3

Miss home?
Phone a friend
or family

4

Take time for
gratitude

5

Download the
ACTION FOR
HAPPINESS app

6

Exercise
challenge!

7

Meditation
challenge!

8

You are past
the mid-point!
CELEBRATE!

9

Devise a
budget

10

Access your
wellbeing
resources

11

Try a new
recipe or a
new cuisine

12

Social media
detox
challenge

13

Refine your
morning and
evening
routines

14

Make time for
reflection

15

16

17

18

19

20

21

22

23

24

25

26

27

28

29

30