

Coping with COVID-19: What Day Is It?



The Mecca of Black Wellness



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“What day is it?” How many times have you asked that since the quarantine started? For many of us, the days all seem to run together, and it can be hard to know which day of the week it is. Prior to COVID-19, you likely had a pretty regular schedule of activities that you did during the week, and other things that you typically did on the weekends. Now that you are home the majority of the time, it can be challenging to separate your weekends from your weekdays, but it may be helpful to find ways to differentiate the two. Here are a few tips that could help:

1. No weekend work.

- While it can be tempting to check your email or get caught up on a project for work, try to stay out of the “office” on the weekends. This will give you time to recharge and help you shift your mindset from the week to the weekend.

2. Continue some of your pre-quarantine weekend routines.

- Are there things you used to do on the weekends that you can still engage in? If you typically went to church or connected with friends and family on the weekends, you can still do those things. You just have to change the mode by which you do them. Use technology to your advantage and have a Netflix watch party, play a game online with your family, or catch up with your friends using web conferencing or apps like Facetime or Google Hangout.

3. Find time to do something fun.

- Who said weekends have to be boring just because you are under quarantine? Weekends can still be a lot of fun. You may just have to be a little creative and do something that you may not ordinarily do. Go for a walk in the park, take a painting class online, cook a fancy meal, or join a Club Quarantine party. (If you have not partied yet with DJ DNice, you are missing out!)

4. Be intentional.

- Whether you want to use your weekends to relax and recharge after a long work week or you want to get involved in some fun social activities, the key is to be intentional about your weekend goals. Identify something that you can do during the weekend that differs from your weekdays so you can have something to look forward to.

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For more information on COVID-19, and to receive the most up to date guidance on how to protect yourself and what to do if you feel sick, please visit <https://www.cdc.gov/coronavirus/2019-ncov/index.html>.

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