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
• 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	• 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	• Attend class online • Cook/bake • Tips to work from home • Learn a new skill/hobby/language ▪ Sign language, knit, Legos, instrument, origami, chess, etc. • Find a therapist • Do laundry • Make bed, clean, &/or organize room/house ▪ 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	• Read/audible a book ▪ 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	• Go for a walk, run, hike • Free/discounted workouts • LiveStrong workouts • Yoga by VeryWellFit • Workout Apps: ▪ SWEAT with Kayla ▪ Popsugar Fitness ▪ Fitness Blender ▪ Daily Burn	• 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

**This document has been modified by Carly Knauf, MA from SMVH COG-IOP content*

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

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Gentle with self							
Relaxation							
Accomplishment							
Pleasure							
Exercise							
Social							

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