



# Quarantine Coping Tracker

## ARE THINGS BREAKING DOWN?

- Something went wrong today.
- What broke down?
  - \_\_\_\_\_.
  - \_\_\_\_\_.
  - \_\_\_\_\_.
- Nothing went wrong today.

## I USED MITIGATING ACTIVITIES

- To respond to the breakdown I shored up **ATTENTION**.
- To respond to the breakdown I found ways to **REGULATE STRESS**.
- To respond to the breakdown I **SOUGHT SOCIAL CONNECTION**.
- I felt **OVERWHELMED** and could not access any resources.

## I USED SELF-CARE TECHNIQUES

- I monitored key stress indicators, such as sleep, eating, irritation and anxiety.
- I decompressed today. I did \_\_\_\_\_.
- I recorded the positive or wrote in my gratitude journal.
- I spoke to or connected with a loved one. I spoke to \_\_\_\_\_.
- I found comfort in spontaneous release (e.g. sleeping-in, crying, watching content). The release took the form of \_\_\_\_\_.

## I USED MY QUARANTINE SURVIVAL TIPS

- I organized my living space (e.g. made my bed).
- After each “push to achieve something,” I took a break to reset myself.
- I made a decision that helps me move forward.
- I exercised.
- I connected virtually.
- I took pleasure in reading (or reading to a child).
- I scheduled my day and shared the schedule with my family.
- I did something else that felt good. I \_\_\_\_\_.

## MY CHECK-IN COLOR FOR THE WEEK IS

- GREEN** Feeling good, I will keep up my routine.
- YELLOW** I am revisiting my ARC resiliency checklist and self-care choices.
- ORANGE** I will reach out to someone.
- RED** I am calling staff-care or someone on my team now.

This tracker is tailored to assist individuals during quarantine conditions. You may start to see patterns and behaviors that will guide you towards the best practices for YOU (we are all different and need different things) to manage during these unpredictable and tricky times.

Congratulations for tracking your quarantine coping! This is not easy, and we didn’t train for this. Every successful adaptation proves the presence of your grit and creativity.