

# Tips for living with your college student in quarantine

BECAUSE GOING FROM SEEING EACH  
OTHER SPORADICALLY TO EVERY DAY IS  
HARD.

- GIVE EACH OTHER SPACE
- YOU DON'T HAVE TO EAT EVERY MEAL TOGETHER.
- FIND A QUIET SPOT TO MEDITATE
- YOU HAVE WORK; THEY HAVE WORK.
- DO A GRATITUDE LIST
- PRACTICE DEEP BREATHING
- LISTEN TO GOOD MUSIC
- EXERCISE
- FIND A POSITIVE FAMILY THING TO DO TOGETHER, BUT IT DOESN'T HAVE TO BE EVERY NIGHT.
- SPEND TIME OUTDOORS
- HAVE A MINI PAMPER SESH
- TRY SOMETHING NEW
- READ A BOOK

Although students are home now, remember that they're navigating young adulthood. Some of that looks like finding ways to be independent and making their own choices.

You may see an extra set of hands to help, which they can, but remember that this time period limits options for independence. Be patient with one another.