

You are receiving this because you are a participant in the RADD Lab Colorado Coronavirus Coping Study, and you are a member of the **Daily Activity** group.

As you know, here in spring 2020, our community is navigating a major public health stressor (the pandemic COVID-19). We know that your lives are being deeply impacted by school closures, changes in your social life social activities, and family risks – and we know that these impacts may be highly stressful.

From previous scientific research, we know that daily wellness strategies can help protect individuals from the negative consequences of stress. But, because COVID-19 is a new and unusual stressor, there is a lot that we still don't know about what will help people cope during this time. That's why we are doing this study: (1) to understand how the public health stressor COVID-19 is affecting people, and (2) to understand whether, and what types, of daily wellness strategies might buffer you from this public health stressor and help keep you well.



We are asking our participants to try to engage in at least one daily wellness strategy for every day of the next eight weeks. As a member of the **Daily Activity** group, we are asking you to commit to engage in at least one positive activity every day during your participation in this research.

Positive activities are activities that *feel good*, and are *good for you*. For example, these are actions you take to have an experience that is pleasurable, or that allow you to connect with other people, or that help you to achieve a goal. In the world of psychology, we call this “positive response-contingent reinforcement” – really just a fancy way of saying that when you get out there and do a positive activity, you can have fun and feel good about what you have accomplished.

From a scientific perspective, positive activities don't just feel good – they are good for your mental and physical health. When you engage in positive activities, your actions correspond with communication among brain regions that are involved in learning and motivation. Some of those same brain regions are also involved in coping with stress. We are still learning what this means, but one theory is that engaging in positive activities may help strengthen brain networks that also help you to cope with stress.

In this study, in your daily microsurvey, we will ask you to pick out one or more positive activities from the list below (and/or write in your own positive activity) that you plan to do in the next 24 hours. When planning your next positive activity, please plan something that feels positive and do-able for YOU.

We will also ask you to tell us about what positive activity (or activities) you did in the past 24 hours, and how enjoyable it felt. Don't worry if you didn't do the positive activity that you had planned – we just want to know how the activities are going for you.

Please do not hesitate to contact our team with any questions about your daily positive activities, or the study as a whole: raddlab@colorado.edu

Positive Activities:

1. Soak in a bathtub or take a hot shower
2. Go on a date (can be a virtual date!)
3. Watch a movie or tv show
4. Go for a walk or run or hike
5. Be outdoors
6. Listen to music or podcast
7. Be in the sun
8. Spend time playing with a pet
9. Read magazines or newspapers
10. Work on a hobby (building models, puzzles, etc.)
11. Create art (paint, sculpt)
12. Phone/video call with a good friend
13. Connect with a friend on social media
14. Create and post social media content (TikTok, IG post, etc.)
15. Eat a favorite food
16. Plan how to succeed at a goal
17. Practice yoga, karate, judo etc.
18. Meditation or other mindfulness practice
19. Online shopping
20. Spend time with family (can be online)
21. Take a drive
22. Sing around the house
23. Practice your faith or spiritual practices
24. Get a good night of sleep
25. Make a gift for someone
26. Cook or bake
27. Write a poem, book, essay
28. Gardening
29. Wear a favorite outfit or try a new look
30. Star gazing
31. Read a book
32. Dance
33. Have virtual lunch with a friend
34. Make a gratitude list
35. Find funny memes online and share with a friend
36. Other _____ (you choose based on what is positive and engaging for YOU!)

