

Wellness practices and strategies to support your self-care during COVID-19

Breathe and be in the moment.

- Stop and stay in the moment.
- Take several slow deep breaths to help you calm down and to divert stressful thoughts.
- Repeat a centering prayer or personal mantra.
- Think good thoughts by imaging a picture of a loved on or a happy place.
- Think about who and what you are grateful for.
- Use a personal touchstone or object that helps you focus.
- Stretch, more or readjust your body.

Stay in touch with your feelings.

- Acknowledge what you are feeling.
- Allow yourself move on from negative and unpleasant thoughts.
- Understand that everyone is going through a time of great change.
- Reduce self-judgement and harshness.
- Don't compare yourself to others. Each individual experiences situations differently based on their past experiences and current circumstances.

Keep in touch. Stay connected.

- Physical distancing doesn't mean emotional distancing.
- Learn and adopt new ways to stay connected with friends and family.
- Call, text or email. Mail a card, drop off a note or mail a package.
- Checking in on someone and letting them know are thinking of them makes you and them feel better.

Establish a Routine.

- Develop routines and a schedule, for all members of the household, that includes all parts of the day: morning, noon and evenings.
- Try to keep a consistent schedule for waking up, bedtime, exercise, breaks, entertainment and meals.
- Predictability and consistency reduces stress. Kindness and patience help buffer the ups and downs in daily routines.
- Mark count of the time. Keep accuracy in knowing the date, what day of the week it is and the time of day.

Limit 24/7 intake of information.

- Reduce or eliminate time spent on different media platforms. Especially those you notice contribute to your stress or increase your stressful and negative thoughts.
- Choose how and when you will stay informed to news.
- Fact check information you see and hear with established organizations and media sources you trust.

Keep your mind focused.

- Complete a task by taking control of your thoughts and focusing your mind.
- Catch up on spring cleaning and reorganize areas of collected chaos.
- Start a puzzle.
- Explore virtual classes and tours online.
- Begin new books, tv series and movies or reread and re-watch favorites.

Support your immune system.

- Stay rested by sleeping through the night. Extra rest may be needed during this period.
- Keep yourself hydrated by drinking plenty of water and fluids.
- Check in with your doctor.
- Eat as healthy as you can. Energy and nutrient dense foods will help you reduce in-take of sugar and cheap carbs.

Take time to enjoy the change.

- Express yourself: sing, dance, cook, draw, paint, color, knit
- Begin gardening. Start small with window plants or restore your raised beds.
- Take a walk while still being mindful of social distancing.
- Stand up and stretch.
- Explore new areas of exercise.

Stretch

When sitting for long periods of time, be sure to move and readjust



Understand

Everyone is going through a time of great change



Rest

