



Self-Care

Below are some tips on how to care for ourselves during this difficult time. Stay informed but limit the amount of information you read and/or time you spend watching the news. Choose one source that you trust and allow yourself to disconnect from the constant updates throughout the day.

As we focus on our self-care, it is important to dedicate attention to each area:

Emotional

- Stay connected to loved ones
- Reconnect with someone
- Talk to a therapist
- Watch a movie or television show
- Listen to music
- Draw, color or paint
- Look at pictures
- Read or listen to something inspirational
- Avoid unnecessary stressors

Intellectual

- Play mind games
- Journal
- Read a book
- Listen to an e-book or podcast
- Sign up for an online training or class
- Learn a new language

Physical

- Eat well
- Stretch
- Rest
- Exercise
- Sleep
- Dance

Social

- Have a support system
- Be a part of someone's support system
- Donate
- Contribute
- Post/share positive thoughts on social media
- Follow those on social media that are sharing inspiring stories

Spiritual

- Pray
- Meditate
- Practice gratitude



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Stress Reduction Techniques

Deep Breathing

Most people take short, shallow breaths into their chest. It can make you feel anxious and zap your energy. With this technique, you'll learn how to take bigger breaths, all the way into your belly.



- Get comfortable. You can lie on your back in bed or on the floor with a pillow under your head and knees. Or you can sit in a chair with your shoulders, head, and neck supported against the back of the chair.
- Breathe in through your nose. Let your belly fill with air.
- Breathe out through your nose.
- Place one hand on your belly. Place the other hand on your chest.
- As you breathe in, feel your belly rise. As you breathe out, feel your belly lower. The hand on your belly should move more than the one that's on your chest.
- Take three more, full, deep breaths. Breathe fully into your belly as it rises and falls with your breath.

Progressive Muscle Relaxation

In this technique, you breathe in as you tense a muscle group and breathe out as you release it. Progressive muscle relaxation helps you relax physically and mentally.

- Lie comfortably on the floor.
- Take a few deep breaths to relax.
- Breathe in. Tense the muscles of your feet.
- Breathe out. Release the tension in your feet.
- Breathe in. Tense your calf muscles.
- Breathe out. Release the tension in your calves.
- Work your way up your body. Tense each muscle group. This includes your legs, belly, chest, fingers, arms, shoulders, neck, and face.

Grounding Technique

This technique will take you through your five senses to help remind you of the present. This is a calming technique that can help you get through tough or stressful situations.

Take a deep belly breath to begin.

- 5- LOOK: Look around for five things that you can see, and say them out loud. For example, you could say "I see the computer. I see the cup. I see the picture frame. I see the table. I see the phone."
- 4- FEEL: Pay attention to your body and think of four things that you can feel, and say them out loud. For example, you could say "I feel my feet warm in my socks. I feel the hair on the back of my neck. I feel the pillow I am sitting on. I feel the arm rest under my elbow."
- 3- LISTEN: Listen for three sounds. It could be the sound of traffic outside, the sound of typing or the sound of your tummy rumbling. Say the three things out loud.
- 2- SMELL: Say two things you can smell. It's okay to move to another spot and sniff something. If you can't smell anything at the moment or you can't move, then name your two favorite smells.
- 1- TASTE: Say one thing you can taste. It may be the toothpaste from brushing your teeth, or a mint from after lunch. If you can't taste anything, then say your favorite thing to taste.

Take another deep belly breath to end.



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Tips for working from home

- Designate a comfortable workspace
- Set a schedule
- Keep clearly defined working hours
- Create a morning routine to ease into the work day
- Schedule breaks and take them
- Take a personal day when needed
- Eat snacks
- Stay hydrated
- Reach out to co-workers in order to stay connected
- Reward yourself at the end of the day (see Self-Care page)