

Self-Care During Times of Crisis

Self-care is important every day, but it is essential, especially during stressful times. Below are some self-care options. Do one, or do as many as you want, throughout your day. Make your self-care a priority and make it fun. Do one item from this list daily. Or, try to do one of everything listed, daily. If you would like, you can use the Weekly Self-Care Checklist to track your self-care practice.

News Time Limit:

Limit the time you spend watching/listening to the news. Allow yourself a certain amount of time for that every day and then stick to it.

Hobbies:

Pull out your favorite old hobby and start something. Knit a blanket. Paint a picture (or paint by numbers if you don't feel as creative). Learn a new recipe and cook it for dinner.

Online Course/Class:

What have you always wanted to learn? Sign up for an online course. Check out [Mindvalley.com](https://www.mindvalley.com) or [Udemy.com](https://www.udemy.com) or Google "Online Classes".

Take Time for YOU:



Take a bubble bath. Light some candles and have a glass of wine, and enjoy some time for yourself.

Get comfy with a cup of coffee/tea/hot chocolate/ beverage of choice and good book.



Be Squeaky Clean:

Showering and getting dressed daily keeps your energy up (don't stay in your sweats/leggings for long periods of time). Complete your normal grooming routine to feel fresh and more like yourself.

Go for a Walk Outside:

Get into nature and enjoy the sights and sounds; Be present in the moment. Feel the air on your skin and the warmth, or lack of, the sunshine. Watch the birds/animals/lake/river/pond/birdbath.

Eat Healthy Meals:

Include fruits and vegetables with most of your meals. Include something from every color of the rainbow. Step away from your desk/office while eating and actually take a lunch break.

Sleep:

Try to get six to eight hours of sleep at night. If you are tired, take a nap. Be aware that wanting to sleep constantly is a sign of depression. Consult a physician or therapist if you notice this happening.

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Stay Hydrated:

Drink six 8 oz. glasses of water daily. Another thought: Drink half of your body weight in oz. of water (example, if you weigh 150 lbs., drink 75 oz. of water each day).

Exercise:

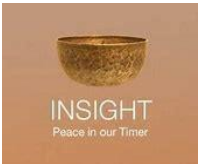
Move your body however it feels good to you, for at least twenty minutes daily. Dance around your house, play with your kids, do yoga, play a sport, or go for a walk/run.

Connection:

Even with social distancing, it is important to stay in touch with people you love! Call your loved ones daily. At least one or two of them. Use Facetime or send videos of yourself. Send love letters or letters of appreciation through the mail. You remember, with a stamp. Remember the elderly.

Meditation:

Meditate daily for any length of time. Practice meditations for mindfulness, calmness, loving kindness, peace, breathing, etc. There are many apps and programs for finding meditations. Here are just a few:



Insight Timer



Calm



Headspace



YouTube

Deep Breathing:

There are multiple benefits from deep breathing. Some include stress relief, positive feelings of well-being, and better sleep.



Google Search



Breathe 2 Relax



Tactical Breather

Laughter:

Incorporate laughter into your life every day. Laughing lowers your stress levels, relaxes your muscles and boosts your immune system. Look up funny videos (babies laughing, puppies, etc.). Watch a funny movie or a comedian you like. OR create your own funny movie by yourself or with family members and post it on social media, and then tag someone else to go next.

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Reframe Your Thoughts:

Change your negative thoughts to more positive ones.

Examples: **Negative thoughts:** I hope I don't get sick! **OR**, why is this happening?

Positive thoughts: I am so grateful for my health and the health of my family/team. **OR**, even though this is happening, I am able to work from home / Look at all the people that are coming together and helping / I am so proud of my team! We are truly superheroes!

Be Mindful of Your Words:

Stop saying "should"!

Change all your "Have to's," "ought to's," or "should's" to "Get To's"

Example: Instead of saying, "I have to social distance from everyone I love."

Try saying, "I get to take some much-needed time for myself."

Gratitude:

Express gratitude for everything, big and small. Showing gratitude will shift your focus from the negative to the positive in every situation. What you focus on you bring into your life. Start a gratitude journal and write down 10 things you are grateful for every day. "[The Magic](#)" is an excellent book that will take you on a 28 day gratitude journey.

Practice Mindfulness:

Mindfulness is being present exactly where you are, appreciating what you have, and letting go of control of the things and situations you cannot control. There are many ways to practice this.

One exercise: Take a minute to focus on one or all of your senses and ask yourself the following questions without judgement of the answer:

- What do you see in this current moment?
- What do you hear right now?
- What do you currently smell?
- What is the taste you have in your mouth?
- What can you feel with your skin or on your body?
- What emotion are you feeling?

Affirmations:

Say positive affirmations every day. Write them down or post them somewhere you will see them often. Stick them to your refrigerator or your bathroom mirror.

Examples: *I am healthy and well. This too shall pass. In hope I am fearless*

Related Articles and Videos:

[Maintaining Your Emotional Immunity During COVID-19](#) from Thrive Global
[Well Being](#) from Thrive Global

[Stress and Coping](#) from the Center for Disease Control

[7 Science-based Strategies to Cope with Coronavirus Anxiety](#) from The Conversation

[Self-Care for Student Support Professionals during COVID-19](#) from Trails Wellness

As a leading children's health non-profit, [Healthier Generation](#) recognizes **we're better able to support our children's well-being once we take time to nourish our own physical, social and emotional health.**

Below you'll find credible resources designed to help you manage stress and prioritize self-care during this challenging time. [Filling Your Cup: Comprehensive Self-Care Strategies](#)