

7 Tips for Self Care During Sheltering In Place and Social/Physical Distancing

- 1) **Information Intake:** Avoid spending too much time watching, reading, or listening to distressing or anxiety causing media. Try to limit your news intake to 1-2 minutes a day from reputable sources.
- 2) **Connection:** Connect with friends or family using the internet or alternative methods.
- 3) **Stay Involved:** Support those in your community who may be in need. This could be as simple as sharing information or checking in on those who live alone. Or, current guidelines permitting, dropping off groceries for someone who can't leave their house at all.
- 4) **Creativity:** Play games, write, craft, do art, mend and fix things around the house, try new recipes!
- 5) **Nourish Yourself:** Notice what makes you feel good! Do something pleasurable: watch cute animal videos, eat something delicious, play or listen to music, read a funny book.
- 6) **Comfort Your System:** If possible, take time for relaxation: naps, meditation, taking deep breaths into your belly.
- 7) **Hygiene:** Keeps yourself and your space clean! It will support your mental, emotional, and physical health.
- 8) **Balance:** try to maintain a good balance between online and offline activities and sedentary and active pursuits. Enjoy gaming or bingeing on tv shows, and also make sure to get up and move around, look out the window, talk to the people around you etc.