

SELF-CARE PRACTICES **DURING COVID-19**

Self-care is giving the world the best of you, instead of what's left of you.
– Katie Reed

WHAT IS SELF-CARE?

Self-care is taking **an active role** in **maintaining** your **well-being** and **happiness**, particularly during periods of stress and anxiety. It is about **being as kind to yourself, as you are to others**. This is especially important during COVID-19.

PRIORITIZE YOURSELF

Assess your physical and mental health needs, and always reach out for support when you need it. You're likely already practicing hand washing and social distancing to take care of your physical health and reduce your likelihood of exposure. So, let's talk about some great ways to practice self-care for your **mental health and well-being**.

Get some fresh air in nature.

Open the windows in your home. If you are feeling good, go on a walk each day. Sunshine and fresh air can rejuvenate the body, mind and soul. **Avoid overly confining yourself inside** unless you are recovering from an active illness or are immunocompromised.

Dance, Move, Exercise.

Put on your favorite music and let your body move. If you are in good health, practice regular physical activity, indoors or outside. A simple YouTube search can provide you with a variety of options to choose from. Get creative and choose a different style of exercise each day such as, zumba, kickboxing, or yoga.

Take a hot bath or shower.

Take a relaxing bath or shower, using Epsom salts, natural oils, or scrubs. You can do a google search to discover how to make your own bath scrubs, using everyday products from your home. Taking baths and showers can keep your body refreshed, reduce stress, and help you relax.

Set brain breaks.

When you notice yourself feeling too overwhelmed, take a brain break. Do something that feels restorative and nourishing. **Focus on something that makes you feel happy**, because here's the thing: **happiness** is a part of our world too, so let's not lose sight of what makes it so **worthwhile**.

Mind over matter.

Meditate. Pray. Focus on deep, slow breathing. Try guided imagery, listening to calming nature sounds, laughter or singing. These practices naturally lift our spirits.

Know what's within your control.

Remember that in every situation, there is an element of control, even if this means only being able to control your response to the situation. Take care of your own hygiene and follow best practices for avoiding transmission. Hydrate, eat healthy foods to boost your immune system, and sleep.

