

10 SELF-CARE TIPS...DURING A PANDEMIC

1. LIMIT AMOUNT OF NEWS AND NEGATIVE SOCIAL MEDIA EXPOSURE

It is important to stay up-to-date with current safety procedures, but also necessary to take breaks.



2. FOCUS ON THE PRESENT MOMENT USING GROUNDING OR MINDFULNESS

- Grounding & Mindfulness are about using your senses to help engage in the moment and be present.
- One grounding technique is *3 Things*, which can be used to engage your senses and help bring your focus back into the present moment.
- Focus on:

3 things you can hear	2 things you can hear	1 thing you can hear
3 things you can feel	2 things you can feel	1 thing you can feel
3 things you can see	2 things you can see	1 thing you can see
- You can follow this by breathing deeply in for four counts saying words like peace, calm and then breathing out for four counts saying words like quiet, relax. (Ex. Breathe in peace, calm and out quiet, relax.)



3. PRACTICE SELF-COMPASSION

- Remember that a pandemic is not normal and adjusting to life during a pandemic is hard. What matters most is that you are trying and doing your best with what you have. Be kind to yourself.
- *"By giving ourselves unconditional kindness and comfort while embracing the human experience, difficult as it is, we avoid destructive patterns of fear, negativity, and isolation."* – Kristin Neff



4. GET YOUR BODY MOVING

This can be done in any way that feels safe and is enjoyable for you. There are many benefits to exercise as it boosts the 'feel-good' chemical in your brain and can release feelings of anger, anxiety and stress.



5. GET OUTSIDE

The benefits nature and the outdoors have on our whole wellbeing is huge. This can look different for each of us. For example, if you are in quarantine this may be opening a window or going on your balcony or deck. If you are physically distancing, you can go for a walk outside while respecting other's space.



6. PLAN FOR THE FUTURE

Although the trip you had been planning may have been *postponed* you can still allow yourself to look forward to things in the future. It may not be right away, but it allows you to feel that *'this too shall pass'*.



7. SELF-NOURISHMENT AND DISTRACTIONS

What is it that makes your soul sing? These can be an array of activities like puzzling, painting, drawing, video games, music or movies. Whatever it is that makes you feel good, now is the time to engage in that activity often. This can also serve as a distraction for when things feel overwhelming.



8. FOCUS ON WHAT IS IN YOUR CONTROL

The outcome and happenings of the pandemic are outside of all of our control. To combat the fear of the unknown during a time of uncertainty, it is helpful to focus on things that are within your control. These may include limiting news exposure, being present or moving your body and feeding your soul.



9. REFRAME SOCIAL DISTANCING AS PHYSICAL DISTANCING

- We may not be able to physically be together but we can still connect to our friends, family and loved ones through technology. Some fun apps for video conferencing are *Zoom* and *HouseParty*.
- Virtually reach out to those you care about to let them know you are thinking of them. Connect when things are not going well for you too – a phone/video conversation can help you feel connected again.



10. CHALLENGE THE NEGATIVE THINKING

- Despite acknowledging and appreciating that this is a difficult time, our negative thoughts may still prevail. We can reduce negative thoughts by acknowledging them and then challenging them with the following questions:

Is there proof for this thought?
Is there evidence against this thought?
Is there a new way of looking at this situation?
Will this matter a year from now? Five years from now?

