



Self-Care Guide

Self-care is an important daily task. It becomes even more important during uncertain and frightening times. When we take the time to care for ourselves, we can maintain our own health and have the ability to promote the health and positive well-being of those we care about and care for in our lives. Below is a list of self-care activities that you or someone you know may find helpful.

Sleep schedule – get at least 6-8 hours of sleep a day will help with feeling refreshed and clear thinking

Hydrate – drink plenty of water; start out the day by drinking 1 glass a water when waking up

Nutrition – eat energy foods and avoid excess amounts of sugar and carbohydrates that can contribute to sugar crashes; eat smaller meals throughout the day rather than big meals; choose foods that boost your immune system; take vitamins.

Schedule – maintain a consistent daily schedule. Since most outings have been cancelled, this may be the time to develop a new daily schedule. Post schedules in a common area for everyone to see.

Physical activity – find an activity that you enjoy that gets you moving whether that is an exercise routine, a walk around the neighborhood, a hike or bike ride, walk through the woods, stretch/yoga, online or TV programs (lots of free ones out right now that can be accessed through YouTube or through cable provider)

Get outside – either through your forms of physical activity or take the time to step outside for a minute and sit on a front or back porch; open a window on a sunny day to increase the air flow in the home and add outside noises to the inside environment

Recreation – do something you enjoy - cook, clean/organize, art, puzzles, watch a TV series or movie, read, take a training, play with or groom your pet, etc.

Connect – during this time when we are to distance ourselves physically from others, we can connect electronically. This is social media's time to shine. Face time, Skype, call, email, write a letter - any of the ways to reach out to others and enjoy conversation; prayer or meditation.

Serve – ask ourselves what can we do for others during this time. Focus can help with fear. Focus on writing a letter or calling someone you know who doesn't have a way to connect with others. Pick up items for others if you have to venture out. Go through your belongings and make a pile to donate.

Crisis Prevention – keep your medical and therapy appointments. Many doctors, psychiatrists, and therapists are willing to do sessions/appointments by phone or telecommunication. Continue to take your daily medications are prescribed by your doctor.

Additional resource: https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2F coping.html