

CORONAVIRUS DISEASE 2019 (COVID-19)

Self-Care for Peace During Challenging Times



Audience: Colleagues

Revision Date: 4/10/2020

Version: Version #1

Self-Care for Peace During Challenging Times

Now, more than ever, it is critical for us all to practice self-care.

Caring for ourselves in mind, body and spirit can help us cope with stress and have more peace during times of uncertainty. When we address our own well-being needs, we can be at our best to support our loved ones and those we serve.

Please join us in taking a moment to care for ourselves each day this week, in an effort to make self-care a daily habit.

Goal: Try one new self-care tip each day this week

Monday: Take a media break.

Checking the news and reading headlines can cause a lot of worry. Try not to look at the news for a few hours today. Get outside or open a book and put your focus elsewhere.

Tuesday: Keep a routine.

Normal life has changed for now. To help cope, create a routine. If you can, try to wake up, get dressed and go to bed when you normally would. Stability can help you feel better.

Wednesday: Create a moment of peace.

Whether it's reminiscing on happy memories by looking at old photographs, taking a breath using aromatherapy, listening to calming music, or sipping a cup of tea - Take a moment to pause and fill your senses with something that soothes you!

Thursday: Move around.

Remember to get up, stretch and do regular exercise. In addition to the physical benefits, exercise can also reduce feelings of anxiety and help you sleep better.

Friday: Name that emotion.

When you feel a strong emotion, it can help to name it. Ask yourself if you're feeling angry, lonely, anxious, stressed, fearful or bored. Acknowledge your feelings. Breathe. Then let them go.

Saturday: Connect with others.

Technology can keep you from feeling isolated and lonely. Text a friend, call a family member or try a video chat. Checking in can make both of you feel better.

Sunday: Maintain perspective with thoughts of gratitude.

While it may be hard to see in the moment, it won't always be like this. Identify something positive by writing down something you are grateful for today.

For more tips, Login or register for the Live Your Whole Life platform by clicking on the link below.

[MAKE SELF-CARE A HABIT](#)