

Ways to Practice Self-Care During COVID-19



What is self-care?

Self-care is any activity that we do deliberately to take care of our mental, emotional, and physical health. Although it is a simple concept in theory, it is something we very often overlook. Good self-care is key to improved mood and reduced anxiety. It is also key to a good relationship with oneself and others.

Tips for Self-Care During COVID-19

1. Feel free to feel your feelings

This pandemic is likely to bring about many emotions that are challenging. Acknowledge your feelings by saying them out loud or writing them down. If you feel like crying, allow yourself to release the tears. If you are angry or frustrated, go for a walk or exit the situation. It is important to remember that feelings will pass.

2. Intentionally implement coping strategies

Put into practice coping strategies that have worked for you in the past during times of stress. These strategies are connected to self-care and can include things like getting enough rest, eating healthy meals, engaging in physical activity and staying in contact (with appropriate social distancing) with family and friends.

3. Perform regular check-ins with yourself

Monitor yourself for symptoms of depression/stress disorder such as prolonged sadness, difficulty sleeping, intrusive memories and/or feelings of hopelessness. If these feelings linger, reach out for support and help.

4. Take breaks from the news and social media

Make a regular habit of stepping away from your computer, television and or smart device from time to time. When returning online, focus on information from reputable sources, not just sources in your social media feed.

5. Be fortified by remembering the importance of your role as a caregiver

Remind yourself that despite the current challenges and frustrations, yours is a worthy calling – taking care of the one you love in a time of great uncertainty.

Visit our Website to Download our Caregivers Self-Care Workbook: <https://tinyurl.com/caregivers-selfcare-workbook>



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