

## Self-Care Tips

Hello All,

As the next few weeks are predicted to be some of the toughest the United States has experienced in our more recent history, I thought it would interest you to receive information on how to care for your emotional self throughout the week.

A few things to keep in mind while reading through this information:

- Everyone is having their own experience during this pandemic; some are more or less affected than others.
- YOU know yourself best; some of these tips may not be for you, or you may want to do them differently
- Be KIND to yourself. This is an unusual time.

Mind:

- Although our phone can be a great source of both information and connection, minimize the amount of time you spend scrolling through social media. It has been shown to increase anxiety and stress.
- Another effect of scrolling is that you provide your brain with a burst of excitement that is not sustained, causing a fluctuation of emotion that can lead a person to feel ungrounded.
- Consider an activity to engage your brain that decreases that burst of chemicals like a puzzle, a walk, crochet/knitting, art making, reading, cards, or board games.
- If meditation is something you participate in, great! If not, dedicate 10-minute blocks of time during the day to take deep, slow, and full breaths, one after another.
- Sleep. You may find that you are more tired lately. It's likely you are experiencing higher levels of stress, which takes up energy. Don't feel guilty - take that nap (or two). Your body is likely trying to tell you something.

Keep your eyes peeled tomorrow for tips on what you can do physically to keep healthy, like home workout routines that aren't just push ups!

Best,

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