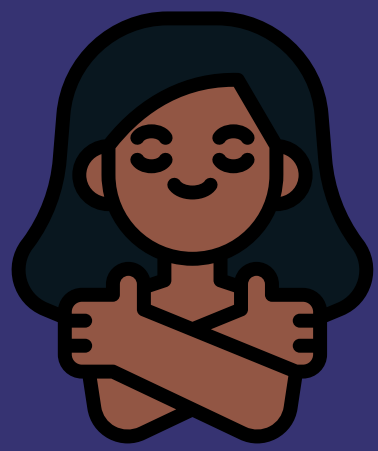


Five Tips for Self-Care



The coronavirus pandemic has exposed the need for continuous self-care. Here are some tips to help you spend time focusing on your physical and mental wellness.

#1 Writing/Journaling

Writing stories, poetry, and/or journal entries are great ways to process thoughts and feelings. It can help reduce stress while providing a form of positive self-expression. Getting start with journaling requires a notebook and a pen or pencil. Next, just write about what is on your mind.

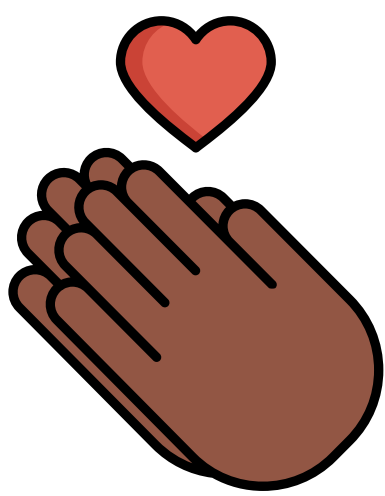
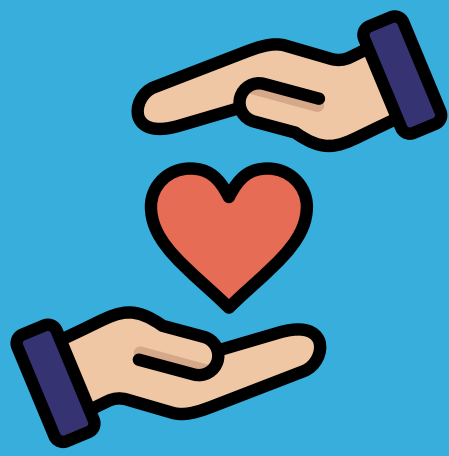


#2 Social Connection

Stay connected to friends and family even while following the guidelines for social distancing. Make phone calls to friends and family. Write letters or send a card. Schedule a video chat; you can use Facebook, Instagram, Zoom, or other apps.

#3 Physical Care

It is important to pay attention to your body's physical needs. Make sure you are getting enough sleep, eating a balanced and nutritious diet, and engaging in enjoyable physical activity such as a walk or dancing around your living room. Of course, always consult your doctor before adding new physical activity.



#4 Gratitude

Think about being thankful. Even thoughts about small things like how much you appreciate your morning cup of coffee can create positive thoughts during your day. Also, express gratitude to friends and family. It will brighten their day and yours. Even during tough times, expressing gratitude reminds you of the wonderful things in your life.

#5 Positive Thoughts

Information consumed in the news or social media can be negative and overwhelming, sometimes. Be intentional about thinking positive thoughts. If you are a person of faith, this may occur while praying. It can also happen will meditating or practicing mindfulness.



“As you grow older, you will discover that you have two hands, one for helping yourself, the other for helping others.”

~ Maya Angelou



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