

TAKE CARE



OF YOURSELF

## Social Distancing Self-Care

Week of 4/13/2020

### Daily Self Check-In

- Five mental health questions to ask yourself every day.
  - **How am I feeling today? (Mentally and Physically)**
    - You can be stressed without necessarily knowing it, so check for both mental and physical factors before moving about your day.
  - **What's taking up most of my headspace?**
    - Work? Family? What's for dinner?
  - **When did I last eat a whole meal?**
    - Nutrition is important. Low appetite can also be signs of depression and other mental health concerns.
  - **Am I tired?**
    - Being sleep deprived doesn't do your health any favors. It is okay to rest!
  - **What will I engage in today that will bring me joy?**
    - Do at least one thing every day that truly brings you joy and happiness.

## Tip of the Week

- Four Steps to Creating Habits of Self-Care
  - **Build in rest as a catalyst for productivity, not a break from it.** View rest as a necessary part of our schedule, rather than a diversion from it.
  - **Streamline your schedule by doing fewer things, better.** Instead of trying to fit in as many things as possible, think about the things you can let go of to create space for your highest priority of self-care.
  - **Pair a self-care habit with your regular routine so it becomes automatic.** When you get in the car, put on your favorite song that uplifts and inspires you. After cleaning up from dinner, take a nice hot bath. When you go to bed, spend 60 seconds deep breathing to clear your head. Rely on the strength of an existing habit to make the new habit automatic.
  - **Focus on the *habit of the habit*, so you'll value right actions over right results.** New habits are really easy to skip because they are not well-established, so it's essential that you prioritize *creating and sticking to a habit* if you want your self-care to become a regular part of your life.

## Mindfulness Strategy

- Sensing
  - Paying attention to your five senses will make you feel calmer.
  - When you eat a piece of food:
    - Take the time to smell it, feel it, and look at it.
    - Taste it and chew slowly, taking time to really enjoy its flavor.
  - When you are walking outside:
    - Stop and pay attention to what you hear, see, and smell.
    - Close your eyes and feel the sun on your skin or the wind gently blowing your hair.
    - Take a deep breath and draw your mind away from any negative or stressful thoughts you might have.

