

COPING WITH SOCIAL DISTANCE TIPS

PSYCHOLOGICAL SELF CARE



- Practice deep breathing
- Practice self-compassion: don't be so hard on yourself
- Focus on things in your control
- Make your environment comforting and cozy
- Create something: artwork, coloring, writing
- Listen to relaxing music or your favorite tunes
- Start a daily gratitude practice
- Set boundaries with social media and news sources

SPIRITUAL SELF CARE

- Practice mindfulness and/ or other meditations
- Aromatherapy
- If you are religious consider reaching out to your religious community for support
- Use a mantra: "May we be healthy, may we grow from this, may we learn whatever lessons this teacher is teaching us, may we be well."

STAY CONNECTED EVEN WHEN APART



- Connect via text, facetime, or phone with people
- Participate in random acts of kindness
- Take a virtual museum tour to feel like you are away from your environment
- Set boundaries with others/ know your own emotional limits

PHYSICAL SELF CARE

- Try to practice mindful movement: go for a walk in nature, do an at home workout, stretch, yoga
- Cook a meal and maintain a routine eating schedule
- Maintain a routine that makes you feel productive
- Keep up with daily hygiene
- Develop a calming sleep routine
- Study in blocks, take brain breaks

EMOTIONAL SELF CARE

- Keep things in perspective: crises are typically time limited
- Ground yourself, engage your five senses when feeling overwhelmed
- Engage in mindfulness and stay present focused
- Take things one minute, hour, or day at a time
- Journal about your emotions
- Remind yourself its normal to have some fluctuations in mood (especially during stressful times) and emotional states will not last forever
- Remember we are all in this together
- If you having a mental health crisis, seek help
 - Crisis text line: text 741741
 - Suicide prevention lifeline: 1-800-273-8255
 - Call 911 or go to the nearest ER

