

## **10 SELF CARE TIPS FOR STRESSFUL TIMES**

TAKE CARE



OF YOURSELF

1. Listen to your body. Rest and disengage when you need to. Breathe - deeply, often and intentionally.
2. Refresh - Do something for your peace of mind. Meditate, pray, have quiet time, do yoga, exercise, put on some music and have a dance party or take a walk.
3. Limit your use of social media (especially within the first few hours of your day)
4. Get enough sleep. Disconnect.
5. Declutter and clean key areas. It can be cleansing.
6. Read a book, listen to an audio book, paint, knit, play cards.
7. Make room for simple fun. What does that look like for you?
8. Love each other. While observing social distancing and practicing common sense.
9. Reassess the things you value in life.
10. Celebrate each day. While some things are beyond our control, let's control the things we can - our thoughts, speech and actions.