

COVID19 MENTAL HEALTH SELF-CARE

Practice mental health self-care during the COVID-19 pandemic

1 ATTENTION DIET

Stick to a set schedule and don't overwhelm yourself by checking more than you have designated

Identify 2-3 reliable sources of information

1. _____
2. _____
3. _____

Designate a specific time of day to consume that information: _____ am/pm

Limit the duration you are consuming that information: _____ minutes

Number of times a week you will consume that information: _____ /week

2 PRACTICE SELF-CARE

Recognize Your Window of Tolerance

- WOT is a balanced, calm state of mind
- Stress & anxiety causes you to leave the WOT
- Recognize hypo/hyper-arousal symptoms
- Learn self-regulating techniques

Get Your Daily DOSE of Happiness

The 4 happy chemicals that make you feel good

DOPAMINE Motivation, learning, and pleasure

OXYTOCIN Feelings of trust and bonding

SEROTONIN Confidence and social power

ENDORPHIN Brief euphoria to mask pain

Self-Care Activities

Check the activities you'll enjoy or add your own

- | | |
|---|--|
| <input type="radio"/> Connect Digitally | <input type="radio"/> Arts & Crafts |
| <input type="radio"/> Stay Active | <input type="radio"/> Take an Online Class |
| <input type="radio"/> Read a Book | <input type="radio"/> Play Board Games |
| <input type="radio"/> Write a Journal | <input type="radio"/> Eat Healthy |
| <input type="radio"/> Listen to Music | <input type="radio"/> Have a Daily Routine |
| <input type="radio"/> Watch a Movie | <input type="radio"/> Meditate |
| <input type="radio"/> Baking | <input type="radio"/> Proper Rest/Sleep |
| <input type="radio"/> Painting | <input type="radio"/> Learn Something New |
| <input type="radio"/> _____ | <input type="radio"/> _____ |
| <input type="radio"/> _____ | <input type="radio"/> _____ |

3 COPE WITH STRESS AND ANXIETY

- Accept that some anxiety and fear is normal
- Find a balance and limit news consumption
- Talk about it to a close family or friend
 - what do you think the cause is?
 - how does it make you feel (physically & emotionally)?
 - why do you think it makes you feel that way?
 - what can you do to prevent or mitigate it next time?
- Question worries and anxious thoughts
- Challenge & reframe negative thought distortions
- Journal to bring clarity and focus to your mind
- Create personalized stress & anxiety relief kit

4 WORKING FROM HOME

- Have separate work & personal space
- Schedule time for doing your work and maintain that daily routine
- Set clear expectations of tasks that need to be completed each day
- Check-in with your colleagues regularly (video calls, emails, and chat)
- Take necessary breaks and get up from your workspace
- Don't use the extra time to work, keep your personal time for unwinding