

**1****Be gentle with yourself, and with those around you.**

Times of high stress can bring out the best & worst in people. Forgive yourself for the times that you might not be at your best.

**2****Stay calm.**

Be a source of calmness for your loved ones. Using mindfulness, meditation, and deep breathing can be helpful. Use the Feeling Thermometer to yourself and others gauge how you are feeling.

**3****Limit social media & news coverage intake.**

There is no shortage of COVID coverage. Instead of continuously refreshing your feed or staying glued to the tube, find a couple trusted sources and set limits.

**4****Help contain anxiety that COVID-19 brings.**

This can be done by limiting your news intake, setting up a check-in time with the family, sharing journal entries, etc.

**SELF CARE**during  
COVID-19**5****Set a routine.**

Help build consistency by creating expectations for yourself and your family by involving them in daily activities. Make sure to involve fun and take breaks and allow room for things you (all) enjoy!

**6****Reach out to your supports.**

Do your best to strengthen relationships with important groups (professional colleagues, spiritual groups, friends, family).

**7****Focus on controlling the things that you can.**

It is natural to worry about the future, especially in times of uncertainty; however, try not to get swept away by your thoughts & feelings of anxiety.

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