

# Self-Care Tips

How to take care of yourself in a time where leaving your house is limited, you're home from school or work, local spots are closed, and are advised to socially distance yourself from friends and family

## 1 Go Outside!

Spend 30 minutes outside doing an activity you love! Need ideas? Look at YouTube for work out videos, or check out live videos like Class Pass.

Feeling unmotivated or lonely? Do a video with a friend! Schedule a time to work out together or ask a friend later what they did outside today.



## 2 Make a Schedule

Write down when you will do work, eat meals, engage in leisure activities, and go to sleep. Schedules hold yourself accountable for your school/work obligations and remind yourself to have fun!



## 3 Communicate 😊

Stay in touch with friends and family. Make time to call or video chat them, not just text.

## 5 Eat Well & Stay Hydrated

Continue your diet as best as you can. Eat energizing snacks, like almonds, fruits, peanut butter, eggs, cheese, and yogurt.

Avoid high sugar snacks- they will cause you to crash. Drink water throughout the day by keeping a bottle at your work space.

## 4 Limit the News

Constantly listening to the news can increase fears and anxiety. Limit your exposure to the news. If you feel yourself worrying, step away from the news & do something fun instead!

## 7 Do Something for Yourself Every Day

Schedule time to do something for yourself every day. This could be watching a show, going on a walk, dancing, taking a long shower, playing with animals, or reading. The possibilities are endless!

## 6 Start a New Hobby!

Ever wanted to start drawing, doing puzzles, playing an instrument, meditating, or a new fitness routine? Now is your chance! Starting a new hobby will keep your mind and body engaged while you are at home.

## 8 Smile

Even during this stressful time with many unknowns, continue to smile. Wake up ready for a new day, and reach out to those you care about. You can do this!

