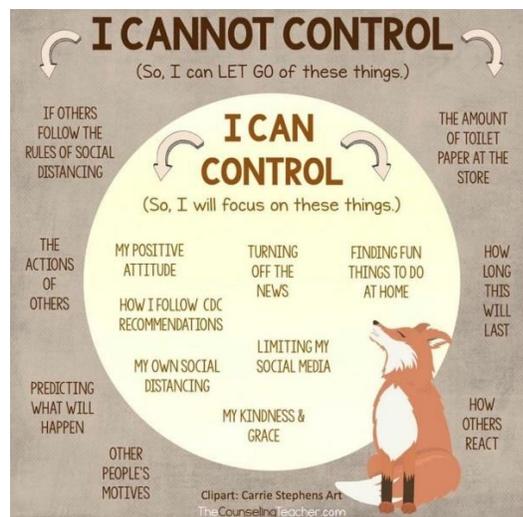


# Social Distancing Self-Care

Week of 3/30/2020

## Daily Self Check-In

- Check in with yourself. Pay attention to your thoughts. How are you feeling? Are you anxious over the events in the world or the chaos at home? How much of this is within your control and how much is outside of your control?
  - Reflect on the thoughts that are related to feeling stressed, overwhelmed, anxious, or depressed.
  - Categorize the situation into either “myself” (ie. my thoughts, my routine, my schedule, my responsibilities, etc.) or “others.” (How someone parks, what someone else says or does, how much toilet paper someone purchases, etc.)
  - If something falls into the “I can control this myself” category, changes can be made to improve the way you feel in that situation.
  - If something falls into the “I can’t control this myself” category, let it go. There is **nothing** you can do about it. Remember: Letting things bother you is like sitting in a rocking chair. It gives you something to do, but you don’t get anywhere.



## Tip of the Week

- Connect with others socially (while maintaining social distancing)
  - It is important to make time for social connections. Time with friends is just as important as time with your family. Connect with your friends and neighbors in real time using a video call, play games together on Facebook (they have a ton!), or host a virtual dinner party. Get creative!

## Mindfulness Strategy

- Yawn and Stretch
  - Take 10 seconds every hour to yawn and stretch (a fake yawn will trigger the real ones).
  - Say “ahh” as you exhale. Notice how a yawn interrupts your thoughts and feelings. This brings you into the present.
  - Then stretch really, really slowly for at least 10 seconds. Notice any tightness and say “ease” or just say hello to that place (being mindful — noticing without judgment).
  - Take another 20 seconds to notice and then get back to what you were doing.



You  
got this