



Social Distancing Self-Care

Week of 4/27/2020

Daily Self Check-In

- How are you feeling right now? Great? Okay? Not so good? If you aren't feeling your best, taking a moment to HALT and do an internal assessment is one of the best things you can do for your overall mental and physical health.
 - **H – Hungry:** Think about how poorly you feel when you are hungry. When your blood sugar gets low, you may get a headache, become irritable, or find it difficult to concentrate. Hunger can put the body in an imbalanced state that can lead to mood swings, affect our ability to make decisions, and lower our impulse control.
 - **A – Angry:** When we are angry or experiencing negative emotions, we may not be able to think rationally. If you feel angry, take some time to calm down.
 - **L – Lonely:** Isolation can be a breeding ground for depression and unhealthy choices. Even brief encounters can help reduce feelings of loneliness and have a positive impact on well-being. Take some time every day to reach out and connect with others.
 - **T – Tired:** Making sure we get enough sleep at night can help improve our physical well-being and mental health. When we are physically and emotionally tired, we are often more likely to engage in more negative thinking patterns and interactions. Practice good sleep hygiene and make sure you are getting enough sleep.
 - If you find that you are feeling any of the above, take the steps necessary to address your needs!

Tip of the Week

- Declutter Your Workspace
 - A cluttered desk is a cluttered mind!
 - As more things occupy our space, they find a way to seep into our minds and lead to increased stress and anxiety.
 - Clutter also increases the opportunities for distractions.
 - Turn the act of cleaning and organizing your desk into a mindful moment. Don't think of it as a chore, but rather as setting up the right conditions to perform at your best.
 - The top of your desk space should not be occupied with unnecessary "things." Keep your desk space cleared for the essentials.
 - Think about what you really need and what has been sitting on your desk for ages. Only keep the things that serve a true purpose.

Mindfulness Strategy

- The Mindful Window
 - Pick a window and pull up a chair.
 - Look out the window at everything you see.
 - Start with the things that are closer to you, then progressively move your focus to those that are further away.
 - Avoid judging or labeling things. Focus on the shapes, colors, movements, and textures.
 - Don't pay attention to sounds. This exercise is about increasing focus by developing your ability to *really* see things.
 - Be mindful of your breathing during this exercise.
 - This practice requires only a few moments yet increases your ability to discover new things, even in familiar places.

