



Social Distancing Self-Care

Week of 4/6/2020

Daily Self Check-In

- Consider starting a gratitude journal where you jot down what you are thankful for.
 - **Get in depth.** Elaborating in detail about a particular thing for which you're grateful for carries more benefits than a superficial list of many things.
 - **Get personal.** Focusing on *people* to whom you are grateful has more of an impact than focusing on *things* for which you are grateful.
 - **Try subtraction, not just addition.** One effective way of stimulating gratitude is to reflect on what your life would be like *without* certain blessings, rather than just tallying up all those good things.
 - **Savor surprises.** Try to record events that were unexpected or surprising, as these tend to elicit stronger levels of gratitude.
 - **Don't overdo it.** You do not have to do this daily for it to be effective. Writing once or twice per week is just as beneficial.



Tip of the Week

- Reframe “I am stuck inside” to “I can finally focus on my home and myself”
 - As dismal as the world may feel right now, think of the mandated work-from-home policy as an opportunity to refocus your attention from the external to the internal. Doing one productive thing per day can lead to a more positive attitude. Set your sights on long-avoided tasks, reorganize, or create something you’ve always wanted to. Approaching this time with a mindset of feeling trapped or stuck will only stress you out more. This is your chance to slow down and focus on yourself.

Mindfulness Strategy

- Mindful Breathing
 - This can be done standing up or sitting down.
 - Start by breathing in and out slowly. One breath cycle should last for approximately 6 seconds.
 - Breathe in through your nose and out through your mouth, letting your breath flow effortlessly in and out of your body.
 - Let go of your thoughts. Let go of things that you have to do later today or pending projects that need your attention. Simply let thoughts rise and fall of their own accord and be at one with your breath.
 - Purposefully watch your breath, focusing your sense of awareness on its pathway as it enters your body and fills you with life.
 - Then watch with your awareness as it works its way up and out of your mouth and its energy dissipates into the world.

