

Wellness and Self-Care Tips

- 1) **Stick to a routine:** Uncertainty is challenging and can increase feelings of stress and anxiety. Staying rooted in routines and predictability is going to be helpful right now. Overscheduling time is not productive, but trying to emulate the structure of a normal school day can be very helpful.
- 2) **Limit news consumption:** Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- 3) **Focus on the big three: Sleep, Physical Activity, Nutrition**
 - a) **Sleep:** Poor sleep can intensify stress and make it more difficult to cope with stressors. There are a number of strategies that can help you develop healthy sleep habits, such as turning off electronic devices at least 30 minutes before bedtime, going to bed at the same time each night and get up at the same time each morning, making sure your bedroom is quiet, dark, relaxing, and at a comfortable temperature, and removing electronic devices, such as TVs, computers, and smartphones, from the bedroom while you sleep.
 - b) **Physical activity:** Physical activity is a natural stress reliever. Even moderate exercise can have a positive effect on mood. A short walk for 15 or 20 minutes every day can make a difference. Physical wellness and mental health tend to go hand in hand.
 - c) **Nutrition:** If possible, try to eat healthy and well-balanced meals. Additionally, try to eat at normal meal times. This will help maintain routine and structure.
- 4) **Have fun:** Schedule time every day to do things you enjoy and help you unwind.
- 5) **Relaxation:** Practice relaxation exercises like deep breathing, mindfulness, stretching, and meditation/prayer. Here are a few free resources that have relaxation exercises:
 - a) [Calm](#) - free breathing and mindfulness exercises
 - b) Breathe2Relax - app with deep breathing exercises
 - c) [Lake](#) - mindful coloring app
 - d) [Simple Habit](#) - meditation app
 - e) Some local fitness studios are livestreaming yoga classes
- 6) **Addressing feelings of fear and anxiety:** Experiencing feelings like fear and anxiety are normal. However, it's important not to ignore these feelings. Instead, explore healthy outlets to help process these feelings. Some recommended activities include talking to people you trust, journaling, listening to music, drawing or coloring, breathing exercises and exercising.
- 7) **Keep in contact with your support systems:** Stay in touch with the people in your support system through formats such as text, phone calls and emails. You can also use other social media outlets like Netflix Party - a Google Chrome extension that allows you and your friends to stream Netflix simultaneously. Additionally, check in on your friends who may not be reaching out at this time to make sure they are doing okay. If you have serious concerns about a friend, please share that concern with a trusted adult.
- 8) **Be a part of the solution:** Remind yourself and others that your current actions, such as handwashing and social distancing, are helping to keep you and others safe.
- 9) **Practice gratitude:** Studies show that consistently grateful people are happier and more satisfied with their lives. Try writing down three things you are grateful for each day or sending a message of gratitude each day to someone in your life.
- 10) **Go outside:** Spending time outside can be beneficial for our physical and mental health.