

Tips for Self-Care During COVID-19

During times of change and uncertainty it is ever more important to incorporate self-care and structure into your schedule. And while your typical self-care routine may no longer be available, there are ways to stay healthy and remain connected. Every day take a moment (or more) to take care of yourself.

Exercising increases energy levels, improves happiness and doesn't have to take place in a gym. Take a virtual workout class at home or spend some time outdoors walking or biking.



Exercise

The foods we choose to nourish our bodies and the way we enjoy them can have a tremendous impact on our mental and physical health. Be purposeful when restocking on groceries and pick up foods that boost your mood such as oatmeal, nuts, and even dark chocolate.



Eat Healthy

Sleep plays a major role in our overall health, improving emotional regulation and management of anxiety. It's important to get 7 to 9 hours of sleep, especially during times of stress. Try to limit your exposure to the news and social media a couple of hours before bed.



Sleep

Research shows people engaged in learning feel more confidence, hope and purpose. Keep your mind active by taking virtual tours of museums, reading, trying new recipes, or solving puzzles.



Learn and Explore

Having regular times for eating, going to bed and rising in the morning, exercising, and working or studying can help maintain a sense of normalcy.



Structure and Routines

Practice Mindfulness



Take breaks throughout the day, first thing in the morning or before bed to slow down and be present. The practice of pausing, breathing, and just "being" is essential to our well-being and mental health because it helps us reduce stress, worry less and it enhances feelings of resiliency.



Talk with a Friend

Our connections with others help us cope with the ups and downs in life. Keep in contact with friends, family and co-workers through phone and video calls.

For mental health resources visit EachMindMatters.org

National Suicide Prevention Lifeline: **1.800.273.8255**

The Peer-Run Warm Line: **1.855.845.7415**
for peer-run non-emergency emotional support.



Funded by counties through the Mental Health Services Act (Prop 63).



Pasos para el cuidado de sí mismo (el autocuidado) durante el COVID-19

Durante tiempos de cambio e incertidumbre, ahora más que nunca es importante incorporar habitualmente el autocuidado y la rutina. Y aunque la rutina de autocuidado quizás ya no este disponible, hay maneras para mantenerte saludable y conectado. Cada día, tome un momento (o más) para cuidarte.

El ejercicio aumenta el nivel de energía y la felicidad y no es necesario ir al gimnasio. De casa, puedes participar en un grupo de ejercicio en línea o puedes pasar tiempo afuera caminando o andando en bicicleta.



Ejercicio

Lo que elegimos para nutrir nuestros cuerpos y la manera en que lo disfrutamos puede tener un impacto tremendo en nuestra salud mental y física. Cuando vas de compras elige alimentos que aumentan tu estado de ánimo como avena, nueces y hasta chocolate negro.

Alimentarse Sanamente



Dormir bien es una parte integral de nuestra salud ya que el dormir mejora nuestra habilidad de control emociones y manejar la ansiedad.

Duerme entre 7 a 9 horas al día, especialmente durante tiempos de estrés. Dos horas antes de dormir, limita el tiempo con las noticias y redes sociales.



Dormir

Los estudios demuestran que las personas que están comprometidos en el aprendizaje sienten más confianza, esperanza y propósito. Podemos mantener nuestra mente activa a través de visitas virtuales a museos, leyendo, cocinando recetas nuevas o actualizando rompecabezas.

Aprender y Explorar



El tener horarios fijos para comer, dormir, despertar, ser ejercicio, trabajar o estudiar puede ayudar a mantener una sensación de normalidad.



Estructura y Rutinas

Practica el mindfulness (la meditación)



Nuestras conexiones con los demás nos ayudan a enfrentar los altibajos de la vida. Mantén contacto con amigos, familiares y compañeros de trabajo a través de llamadas telefónicas y videollamadas.



Hablar con un Amigo

Descansar durante el día nos ayuda relajar del ahogo del día. La práctica de pausar, respirar y estar presente es fundamental para nuestro bienestar y salud mental porque nos ayuda a reducir el estrés, a preocuparnos menos y a mejorar los sentimientos de fortaleza. Puedes tomar un momento a primera hora o antes de dormir para meditar.

La Red Nacional de Prevención del Suicidio:
1.888.628.9454

SanaMente: El Movimiento de Salud Mental de California
www.sanamente.org

Llame al **1.885.845.7415** para recibir apoyo emocional de consejeros que no sea de emergencia.



Financiado por condados a través de la Ley de Servicios de Salud Mental (Propuesta 63), aprobado por votantes.



TWITTER

While your daily [#selfcare](#) routine may have changed, there are many ways you can remain healthy and connected during [#COVID19](#), 🧠🏃🧘 whether you have a couple of hours or a couple of minutes. [#EachMindMatters](#) [#mentalhealth](#)

FACEBOOK

As we settle into new routines at home and physical separation from others, it's especially important to take time each day for [#selfcare](#). Here are ways to remain healthy and connected during [#COVID19](#), 🧠🏃🧘 whether you have a couple of hours or a couple of minutes. [#EachMindMatters](#) [#mentalhealth](#)

Share this infographic by tagging friends in the comments. Get the entire household involved by printing out a copy and sticking it on your refrigerator!

INSTAGRAM

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<https://emmresourcecenter.org/resources/tips-self-care-while-practicing-social-distancing>