

## **Self-Care During the Coronavirus Epidemic**

1. We find comfort in our routines and predictability. Try to maintain some degree of structure each day. For example, waking and going to bed, showering and eating around the same time daily is helpful. Establish structure but be flexible.
2. Make some time each day for exercise. This can be done at home (some are finding good workout videos on-line) or walking outside in your neighborhood (just ensure safe distance from others). It is essential to exercise not only for our physical health but our mental health as well!
3. Socializing has shifted dramatically since the virus epidemic; we are not socializing in ways we are used to. Try to meet up with friends via social media or have facetime sessions with your friends and family who you are used to spending time with. It is important for us to have those bonding moments—they are wonderful buffers against stress. For those with pets—what a wonderful opportunity to spend more time with them.
4. Create new opportunities to discover new interests. Use this time as a way to pursue new hobbies that can be done at home. This might be a creative pursuit, something musical, gardening, spending time in nature, or reading.
5. Practice self-care and self-nurturance. Remember to exercise, get good nutrition and socialize in the ways you can right now. Accept negative emotions as they emerge, without judgement. Notice them and name them as they come up. This is a component of being mindful. Share with others if you can or write in a journal.
6. Use this time as an opportunity to build the relationships in your life. Having meaningful conversations with each other can build stronger connections.
7. Remember to control what you can and try to let go of the things you cannot control. It can be unsettling not having a sense of control but when we focus on the things in our lives we do have control over, we can feel less stressed. Live one day at a time.

--RBU  
Psychological Counseling Center  
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