



Tips for Emotional Well-being during Self Shelter-at-Home

REMEMBER

This is an unusual and difficult time we are living in. If you are not feeling like your usual self – maybe more anxious or worried, sleep changes, appetite change, trouble concentrating – this is a NORMAL reaction.

THINGS TO TRY

Connect with at least ONE OTHER PERSON each day, by phone or video call. Staying in touch with others is one of the best things you can do for yourself – and you might even make someone else's day by calling them. 😊



Try to be easy on yourself. Life is different right now so it is healthy to have different expectations of ourselves for how we spend our time and how productive we are. It won't always be like this.



Focus on what you CAN control. Recognizing that you cannot control COVID-19 or the future, but you CAN control what YOU do, like how much news you watch or what time you go to bed, may help you feel less anxious.



Move around in your apartment as much as you safely can. It is good for your muscles and circulation to stand up EVERY HALF HOUR. Do what is safe and comfortable for you – an upper body stretch reaching up to the ceiling? Wiggle your toes while seated? Shrug or rotate your shoulders? A walk around the apartment?



Plan your day, ONE DAY AT A TIME. When we focus on the current moment or day, we spend less time worrying about the future. It is hard to envision the timeline of this pandemic and that can increase our anxiety or worry.

Your plan can include simple things like:

- Getting dressed and keeping your morning routine
- Eating and drinking a healthy amount
- Connecting with someone over the phone
- Do something relaxing and/or enjoyable (a hobby, TV, music, read, write a letter)

Sometimes, it is all we can do to plan PARTS of the day because it may feel more manageable to focus on a couple of hours, rather than the whole day all at once.



Practice relaxation exercises. BREATHE. When you take in a slower, deeper breath and let it out slowly, it has a relaxing effect and is even good for your blood pressure. Try doing this at least 3 times in a row. Slow breath in through your nose, and a slow breath out through your mouth. Take note of how your body feels each time. This is good for calming your body and your mind.

If after giving some of these a try you are still feeling OVERWHELMED, please reach out to the supports available in your life. These could include: your doctor's office, a social worker or staff member, a spiritual advisor in your life, a family member, a friend or neighbor.