

## Stress Management During COVID-19

When washing your hands for 20-30 seconds, close your eyes and think about a person, place or thing that puts a smile on your face. Take a deep breath and exhale slowly. You are amazing!



When washing your hands for 20-30 seconds, close your eyes, take a deep breath in and slowly exhale. Listen to the running water, smell the soap on your hands, feel the warm water on your hands, open your eyes and look

at the suds on your hands. Breathe in deeply and exhale slowly. You got this!

Take your lunch break. Eat your food slowly and deliberately. How does it taste? Think about who made it, the farmers, the cooks, the packaging plant. Take a deep breath and exhale slowly.



Doing an act of kindness often makes us feel good as we shift the focus from us to someone else. Bring back the lost art of sending mail. Send a card to someone you know who is homebound, in a nursing home or hospital. Send a card to a single parent juggling work and home schooling. Send a card to a child/college student who could use an encouraging word. Clip a

recipe/funny/coupon/article for someone who would appreciate it and send it to them.

Listen to music that makes you smile. Dance like no one is watching! Sing loud! (save this for home!)



Limit how much time you watch or listen to the news.

Drink lots of water. Take stretch breaks.  
Remember to breath deep, slowly and often!



Tell a funny or lame joke. Laughter is truly a healing tool. Watch funny videos. Listen to comedians.



Tell people you love that you love them. Write them a poem, a note. Draw them a picture.



Don't have time to do self care? How much time have you spent today watching the news, scrolling through Facebook, playing a game?

Hug your kids, your dog, your cat, your partner, yourself!



Take a walk in the rain. You won't melt!  
Splash in a puddle, let the rain fall on your face, feel the cold, feel the wetness.



Talk to your higher power if you have one.  
Connect with the universe. Look at the stars, the moon, the budding trees, the grass. Go to the beach and watch the waves. Take a walk on the beach and breath in the clean crisp air.



Do one thing at a time, do it deliberately and completely. Breathe while doing it.

*Listen to a guided relaxation*

