



# SELF CARE FOR UNIQUE TIMES

## STEEPING THOUGHTS

- Remember, you are not alone in this.
- Give yourself permission to feel what you are feeling.
- Avoid excessive exposure to media coverage of COVID-19.
  - Take breaks from watching, reading, or listening to news stories. It can be upsetting to hear about the crisis and see images repeatedly.
- Take care of your mind and body.
  - Take deep breaths, stretch or meditate, eat nourishing foods, get outside in nature, exercise and get plenty of rest.
  - Try to do activities you enjoy but haven't had time to do lately.
  - Access your Employee Assistance Program (EAP) if you need someone to talk to.
- Connect with others. Share your concerns and how you are feeling with a friend or family member. Maintain healthy relationships and a sense of hope and positive thinking.

## FOCUS ON WHAT YOU CAN CONTROL

- How you respond to challenges
- Who and when you ask for help
- What you focus on in this very moment

## BE GENTLE WITH EACH OTHER

At Steeping Wellness, we know everyone handles stress and uncertainty differently. Work to acknowledge your feelings and be patient with others. Most of us have never experienced anything like this before so keeping that in mind, please be gentle with each other.

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*Steeping Wellness Cares About You and Your Mental Well-Being.*