



Resiliency During the Quarantine from UI Mind, Mindfulness & Well-being Resources

Staying home to help prevent the spread of infection can create feelings of separation, frustration, and stress. Self-care may look different at home, here are some tips that can help support well-being.

PSYCHOLOGICAL SELF-CARE

Experiencing stress related the pandemic is normal

- You may feel a lack of independence or privacy due to being at home
- You may miss your friends and regular activities
- Your emotions and worries may be activated

Try to keep your calm & maintain perspective

- Find calming activities
- Focus on things in your control – and do them
- Practice Self-Compassion

What can you do?

- Breathe and calm your body to ease anxiety and stress.
- Do some vigorous exercise
- Distract yourself with wholesome activities
 - Set up fun video connections – share dinner or activities
 - Use headphones to mentally escape; choose relaxing music or podcasts
 - Read for pleasure (library audio-books are free!)
 - Complete puzzles or do crafting or do some writing
- Make your space feel cozy & maintain connections

SPIRITUAL SELF-CARE ***What can you do?***

- Practice Mindfulness and/or Other Contemplative practices/ prayer
- A loving kindness meditation: "May we be healthy, may we feel connected and safe, may we find moments of ease". Try it with 'we' replaced with 'I'. Repeat for 1 minute.
- Aromatherapy, poetry, inspirational quotes
- If you're religious, consider turning toward your beliefs.

PHYSICAL SELF-CARE ***What can you do?***

- Maintain a daily routine to help you feel grounded
- Develop a calming sleep routine (turn off devices 30 min before bed, do some breathing to calm, take hot shower, read a book)
- Add special touches – candles, good dishes, nice clothes for uplifts. Open windows & blinds.
- If possible, get out of the house and take a walk or inside even, do yoga, weights, jumping jacks
- Cook & maintain a routine, healthy eating schedule

SOCIAL SELF-CARE ***what can you do?***

- Remember to view social distancing an effort to care for others -- rather than as isolation
- Reach out to family and friends for connection; Listen mindfully and share about meaningful things
- Offer kindness toward others – this can take all sorts of forms
- Limit your social media & news consumption
- Make use of the vast online resources for enrichment
- Know and Set your boundaries – do a self-check-in to know what you need
- Set time limits or content limits on conversations with others, if needed