TIPS ON HOW TO BE KIND TO YOURSELF

1. CUTBACK ON SCREEN TIME
   Limit the amount of time you access social media and news reports related to COVID-19.

2. FIND YOUR BALANCE
   Set a routine for you and your loved ones that includes a balance between work and play to help build consistency.

3. RELAX YOUR MIND
   Meditate by sitting in a relaxed, comfortable position and focusing on a single object. If your mind begins to wander, bring your attention back to that object.

4. SHARE YOUR FEELINGS
   Talk to people you trust about your concerns and how you are feeling.

5. FORGIVE YOURSELF
   Forgive yourself for the times when you might not be at your best. Go easy on yourself and don’t expect perfection.

6. ENJOY LIFE
   Take breaks and allow yourself to do things you enjoy.

7. BE WELL
   Eat healthy, well-balanced meals. Drink plenty of water. Take walks or exercise outside to move your body and get fresh air.

8. COMPLETE A PROJECT
   Clean a drawer or reorganize a closet. Donate items you no longer want or need. Clear out the clutter.

9. DON’T TURN TO SUBSTANCE ABUSE
   Avoid alcohol and drug use.

10. STAY CONNECTED
    Connect with loved ones, friends, colleagues and other support networks by phone, written notes, or email.