

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.



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