



Self-care Guidelines and Resources

Mind

- MEDITATE (EVEN FOR FIVE MINUTES) TO CLEAR THE MIND
- JOURNAL TO TRACK YOUR THOUGHTS AND EMOTIONS
- LISTEN TO AFFIRMING PODCASTS OR SONGS
- SEEK COUNSELING SERVICES FOR EXTRA SUPPORT
- ORGANIZE YOUR SCHEDULE

- SAFE HOME NORTH COUNSELING SERVICES
- [HTTPS://WWW.STRUGGLECARE.COM/](https://www.strugglecare.com/)

LIVING IN THIS EXTREMELY DIFFICULT TIME CAN BE TAXING ON NOT ONLY THE MIND, BUT THE BODY AND OUR SOCIAL LIFE AS WELL. HERE ARE A FEW HELPFUL TIPS AND RESOURCES TO AID IN MAINTAINING RESILIENCY.

Body

- STRETCH
- TAKE A WALK (IN NATURE IF POSSIBLE)
- TAKE A BATH
- NOURISH BODY
- EXERCISE IN AN ENJOYABLE WAY

MEDITATION, YOGA, AND BODY SCANS

- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=WHCL6B9K25Y](https://www.youtube.com/watch?v=WHCL6B9K25Y)
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=Z8ZX-QBXIT4](https://www.youtube.com/watch?v=Z8ZX-QBXIT4)
- [HTTPS://WWW.YOUTUBE.COM/WATCH?V=VPW33CELUBG](https://www.youtube.com/watch?v=VPW33CELUBG)

Relationships

- CALL OR FACETIME SOMEBODY IMPORTANT TO YOU.
- PRACTICE EMPATHY AND COMPASSION
- MAKE PLANS (EVEN IF THEY ARE SMALL)
- SET HEALTHY BOUNDARIES
- WRITE A LETTER TO SOMEONE IMPORTANT
- EXPRESS GRATITUDE

