EMOTIONAL HEALTH

COMPASSION
Be compassionate to yourself. It’s ok to not be ok.

CONTROL
Only focus on what you CAN control - not what you can’t.

PATIENCE
Set expectations for yourself and others. Be patient and kind.

OPPORTUNITY
What can you do now that you couldn’t before?

GRATITUDE
Make a list of things you have and things you can do.

HOPE
Keep hope - pandemics don’t stay forever.

ROUTINE
Create a daily routine to reduce boredom and to avoid helplessness.

NUTRITION
Make healthy food choices. Avoid caffeine and sugar in excess.

SLEEP
Practice good sleep hygiene. No phones or TV in the bedroom.

COUNSELING
Talk to a mental health counselor. Give telehealth a try!

WRITE YOUR STORY

This is a historic moment - friends and family will ask what you did and who you were during this time. What part or parts of your character do you want to shine through? What story will be told of you?

PHYSICAL HEALTH

The American Heart Association recommends at least 2.5 hours of exercise per week*. Here are a few easy things to do each day to maintain your physical health:

MOVE DURING NORMAL ACTIVITIES
- Squats during a tv show
- Heel raises when cleaning
- Knee lifts while talking
- Push-ups waiting for food in oven
- Windmill when doing laundry

INCREASE HEART RATE
- Walk up and down stairs
- Participate in an online aerobic class
- Take a walk outside
- Do stretches
- Jump rope
- Hula hoop

BREATHE
- Take 10 deep breaths several times a day
- Meditate
- Do yoga
- Keep a clean environment

PROTECT YOURSELF BY KEEPING ‘EM CLEAN!

Wash your hands often with anti-bacterial soap and water for at least 20 seconds or use hand sanitizer if soap and water aren’t readily available.