

TAKE CARE OF YOU

MIND



Be aware of your thoughts and how they may impact your current state at work or at home. Recognize how stress may be affecting your mood and how you respond to others. Being aware is key. Make adjustments when you can.

- Counter a negative or stressful thought with the next most helpful thought to get you through the moment.
- **STOP** – Stop, Take a deep breath, Observe the moment, and Proceed.
- Take a COVID-19 timeout. Turn off the TV and social media. Quit talking about COVID-19 and focus on something that brings you joy. **Don't let COVID-19 consume your day.**
- Rely on science-based information regarding the virus and protection from the virus. News headlines are often sensationalized to bring in readership, which can cause unnecessary fear. **Don't spread false info/rumors.**
- Keep healthy boundaries between work and home.
- There are things we can't control or predict. This is a rapidly changing situation. Stay in the moment and know that you & others are doing their best.
- Take time to recover during the day and after work. Have a little "you" time, whatever that means to you.
- Have a plan in place for what could happen. See CDC-Detailed Planning Guide for Households. Prepare for the worst and hope for the best.

BODY



Stress can wear us out. Work to stay safe and healthy during this time. Be good to yourself and listen to what your body needs.

- Get outside and breathe some fresh air. Catch some sunrays!
- **Move your body!** This is especially important if you've been sitting all day. Exercise or take a walk.
- Engage and express your mind, body, and spirit through art, journaling, singing, music, or dance.
- **Get the sleep you need for your mind and body to function well.**
- Check out some online video or live-streamed fitness classes.
- Avoid the urge or rationalization for those "comfort foods" that are unhealthy or high in calories. Commit yourself to a balanced diet.
- **Breathe!** It sounds funny, but a few deep breaths can calm and restore you. O2 is good for the brain!
- Take time to be in nature and ground your whole self.

SPIRIT



Hold onto your sense of meaning and purpose during this time. Focus on what is important to you and that which brings you peace and joy.

- Notice the good. **Practice gratitude and appreciation daily.** Share what you are thankful for with others.
- Attend a service or create a personal ritual to acknowledge the losses you are experiencing. These rituals mark a moment in time that you dedicate to releasing the sadness, processing the unknowns, gaining wider perspective and restoring hope.
- **Be a source of hope** & positive energy through thoughtful words and actions.
- Practice being present to the moment without judgment, but with compassion for yourself and others.
- Stay connected or reconnect with your faith community.
- Acknowledge what you do is out of love and care for others. You have a special gift of compassion. **You have been given a purpose.**

EMOTION



Remember, it is normal to have varying emotions. Make time to acknowledge your emotions and ask for more support from family, friends, or professionals. It's good to talk and it's okay to ask for help – people understand these are difficult times.

- Realize you may be experiencing grief related to the loss of what was normal and cancellation of important life events. Additional grief can come with the death of patients and loved ones. **Learn about managing grief.**
- Talk about your fears with your coach or a close confidant. In return, listen without trying to fix or minimize.

- Anger sometimes comes out as frustration or impatience. Realize the source of your anger and identify what you have control over.
- **Reach out to help those who are suffering to simply make the best of the moment you are in.** Remember to laugh and have a sense of humor. You can cry, too.
- If you are experiencing anxiety or heightened emotions in terms of finances or the impact this pandemic has had on your life, resources are available.
- Think about your expectations of life and others; **reducing expectations can help reduce your disappointment.**


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