

HEART:

Find a hobby with repetitive movements

- Studies have shown that hobbies with repetitive movements (ie: knitting, colouring, jump rope, etc.) can help us calm down when overwhelmed or distressed

Arts and Crafts

- Engaging in arts and crafts can get our emotional brain working and help relieve negative emotions.

Find a long-term project

- Find something that can keep you busy/distracted/engaged to help take a break from the world. Learn a new skill, start a puzzle, anything you want!

Find your own space for retreating

- Find a space where you live that is for relaxation ONLY! Make sure it is separate to any work or play space. This can be a cosy place to go when needing the space to chill.

MIND:

Stick to a routine

- Write out a schedule to follow each day. Wake up and go to bed at a certain time, and make time for work/study and self-care. This will help your life remain consistent and offer structure.

Dress for the social life you want

- As great as it is being in sweatpants all day, when we dress for our day like we normally would it can impact our mood and allow us to be better motivated for the day ahead. Start your morning with a shower, brush your teeth and put on some nice clothes before starting your day.

Limit social media and COVID-19 conversations

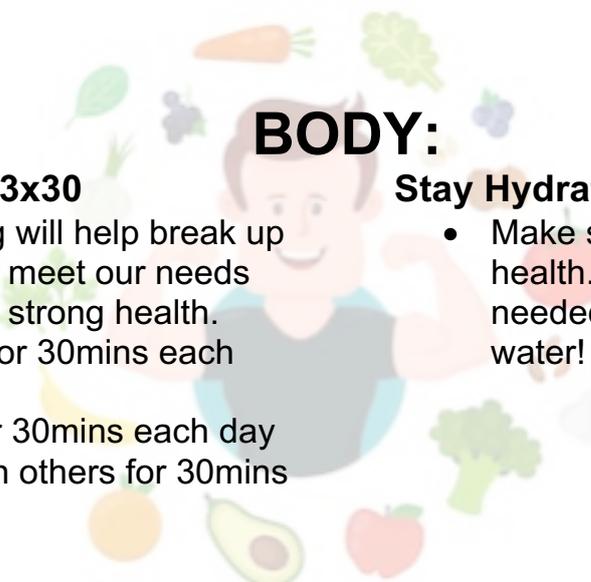
- There is a lot going happening on the internet right now, and spending our time readings about negative news stories can make us feel negative ourselves. Keep up to date on what you need to know from reliable sources, and avoid the rest.

Find the good in the world (lightness and humour)

- This is obviously the opposite of the last note. There is a lot of negative stories in the world right now, but also so many positives! Watch some funny videos or read a silly book. Find ways to include joy into each day.

Find something that you can control

- Our lives are unpredictable right now, so it is natural to not feel in control. By finding something you CAN control it allows us to feel calmer and in control of a part of our life. Organize your closet, rearrange your shelves, anything you can think of!



BODY:

Remember to get the 3x30

- Doing the following will help break up the day, as well as meet our needs for connection and strong health.
 - Go outside for 30mins each day
 - Be active for 30mins each day
 - Connect with others for 30mins each day

Stay Hydrated, Eat Well

- Make sure you are taking care of your health. Get your daily doses of needed nutrients and drink plenty of water!

SPIRIT:

Take things as they come, go with the flow

- Accept the uncertain times we live in and allow yourself to feel any emotions you need to feel. Do your best to adjust to new things that come up, whether that be emotions, or something that requires action.

Lower expectation, increase self-acceptance

- This time can be naturally challenging to anyone, and feeling overwhelmed is to be expected. Be gentle with yourself and don't push yourself to do more than you can. Do your best to accept your place in this situation, and allow yourself to move through it as best you can.

Help others

- Reach out to others that you think may need help. Not only will it help you by being social, but you may be able to make someone else's time so much better!

Reach out for help if you need it

- If you are having a hard time and need support, do your best to ask for it. Connect with someone you care about and tell them what you need. Everyone is in this together!

BONUS:

Create a 'self-care' toolkit

- Create a mental box full of items that you use for self-care. Here are some ideas of things that can go in yours:
 - Soft blanket
 - Hot chocolate
 - Face masks
 - Comforting music
 - Journal/old photo album
 - Arts and craft supplies
 - Comfortable Chair
 - Favourite Game
 - Essential Oils
- This box will look different to everyone, and may look very different to the above suggestions. Know where the items from your toolkit are in your house and access them any time you are feeling in need of self-care.