

## Practicing good self care

- Prioritize sleep. People who get enough sleep are able to handle their anxiety and depression more effectively. Try to go to sleep at the same time each night and get up at the same time each day. Attempt to get 7-8 hours per sleep per night.
- Eat a healthy diet. It is important to limit processed foods and simple sugars. Avoid boxed foods and sweets. Eat a diet high in vegetables and fruits. Eat lean proteins including meat, eggs, nuts, beans, etc.
- Drink at least 8-12 glasses of water per day.
- Attempt to avoid excessive caffeine such as energy drinks and sodas. Excessive caffeine can increase anxiety.
- Exercise daily. Ideas include: going for a walk outside daily, use an exercise machine, go up and down stairs multiple times, do an online workout, yoga, or others. Make a goal to get at least 150 hours of exercise per week or 30 minutes 5 days per week.
- It's okay to say "no."- If you are overwhelmed, you can say 'no' even if you feel obligated. Saying 'yes' all the time, can cause you to feel burned out.
- Petting a pet can be relaxing and reduce feelings of stress and even lower your blood pressure.
- Organize! Getting organized can help you reduce stress. This might mean making a calendar to keep your appointments organized, cleaning out drawers, backpacks, purses, briefcases, or jacket pockets. Put your keys, phone, wallet in one place so you can find it.
- Schedule time for self-care- What can you do during the quarantine beside the above?
  - Read an enjoyable book;
  - Listen to relaxing music;
  - Do a mindfulness meditation;
  - Draw or color an adult coloring book
  - Learn something new (You Tube has lots of tutorials)
  - Snuggle your dog or cat
  - Take a relaxing soaking bath
  - Make an appointment with your therapist
  - Deep breathing
  - Practice gratitude- studies show that gratefulness practice can change your brain in positive ways and help you to be an overall happier person.
    - Use the GLAD practice:
      - G- Grateful- What is one thing you are grateful for TODAY?
      - L- Learn- What is one thing you learned TODAY?
      - A- Accomplish- What is one thing you accomplished TODAY?
      - D- Delight- What is what thing you delighted or found joy in TODAY?
  - Journal
  - Pray
  - Cooking or baking