

Psychoeducation for Adults – Routines and Self Care

*Being in your head makes you anxious, get out of your head and **do something physical**.

If your home doesn't have gym equipment, get creative. Find online fitness classes such as yoga (Yoga with Adriene – free on You Tube or [glo.com](https://www.glo.com) - one of many offering free trials), Tai Chi, aerobic or weight bearing activities. Find your “hula hoop” (dating myself here) or jump rope, lift some hand weights (cans of equal weight if you don't have them). Use your own weight to do sit ups, push-ups, plank pose. Aim for at least 45 minutes every day *as your body can handle it*. Build up slowly.

***Limit excessive media coverage** – both news and Face Book- consider an hour in the morning.

*Set your alarm for three minutes three times a day and **focus on a breath exercise**. Inhale fully, then hold for three seconds and exhale fully. Repeat for three minutes.

*Get out your **journal**-particularly one that holds gratitudes, and document three gratitudes every day. Joy lives in gratitude, not fear.

***Outdoor activity** (while still observing community restrictions). Yard clean up, garden preparations, etc.

* **Stay connected** to the emotionally safe people in your life. Set up virtual social connection time with family or friends. (Seeing another's face helps us modulate affect.)

***Enjoy your pets**. Make a video of them and send it to someone, or watch it yourself.

*Grab your instrument and **make some music**, or play your favorite music and better still -dance! No instrument? Sing – or whistle or tap a beat. Have fun!

***Explore your artistic side** and use that talent to draw, paint, craft, knit, crochet, build, or do home improvement projects. Try something different with a paint by number kit from a photograph. Custom kits available at [maxnovelty.com](https://www.maxnovelty.com)

***Clean up** / lighten by decluttering (Marie Kondo.) Clean out that long neglected closet!

***Create delicious meals**. Google the ingredients you have at home for a new interesting recipe.

*Light some candles for **evening unwinding**. Play relaxing music. Rest.

***Soak in a warm tub** if you have one with 1/4 cup Epsom salts and 10 drops of lavender oil (or your favorite to induce a calm mind.)

***Help others** in your neighborhood with grocery or pharmacy runs for elders or others at risk, or simply give them a supportive call. Stay connected.

*Bundle up and sit in the sunshine- **read** that book you've been holding onto. Listen to an audio book or podcast (free and many subjects to choose from.)

***Pray, meditate, practice mindfulness each day**. Explore your spirituality and interconnectedness.

*Use **relaxation** and meditation exercises to induce lower blood pressure (Insight Timer, or other free apps)

*When needed, reach beyond friends to **seek professional** medical or emotional teletherapy **support** and take medication/ naturopathic remedies as prescribed by your providers.