

Self Care:

Through the Coronavirus Isolation

at
**HER
BEST**

1 Physical Health

Take walking meetings

Integrate workout movements into tiny moments in the day

Practice deep breathing techniques

Build exercise into your day-
Get your heart rate up, multiple times a day [run, dance]

Stretch

Eat healthy, nourishing foods

2 Emotional Happiness

Connect- Host/participate in zoom gatherings

Breathe, because anxiety is real

Start a gratitude journal

Experiment in the kitchen

Declutter and rearrange your home

Get creative

Limit social media/news to a few times a day

3 Mental Focus

Take short, interrupted work sprints up to 90-minutes

Stop Shoulding Yourself

Put yourself first

Discover a new podcast

Grow—Learn something new

4 Spiritual Purpose

Meditation

Gratitude

Make intentional decisions

Create a ritual

Help Others

Mindfulness—Take time for self reflection