

Self Care: Through the Coronavirus Isolation

at
**HER
BEST**

1
physical
health

PHYSICAL

- 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

EMOTIONAL

- 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

MENTAL

- 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

SPIRITUAL

- Meditation
- Gratitude
- Make intentional decisions
- Create a ritual
- Help Others
- Mindfulness—Take time for self reflection