

# Self Care: Resilience Strategies During Stressful Times

at  
**HER  
BEST**

## **RENEW YOUR BODY**

Sleep, rest, exercise and nutrition help you recover. While getting outdoors may be more difficult during shelter at home requests, there are numerous ways to stay get movement. Nourish yourself and steer clear of substances

## **CREATE NEW ROUTINES**

Create a sustainable daily ritual

## **DECOMPRESS THROUGH RELAXING**

What are things that bring your joy and uplift your spirit? You may consider breathing exercises

## **SEEK CREDIBLE INFORMATION**

Resist overinflating or ignoring the situation. Avoid misinformation via social media and news. Seek information from scientific sources and follow medical, governmental and workplace guidelines. One strategy is to be selective of your sources of info- many news outlets heighten stress by using inflammatory, sensationalized language and perspectives

## **HELP OTHERS**

Take action- we're all in it together. Focus on what you can do to contribute or serve vulnerable populations. Know when to ask for help when you need it and mental health support

## **CONNECT WITH YOUR COMMUNITY**

Cherish social support by checking in with your friends via text, call, zoom chat or social media. Find creative ways to bring people together in a virtual environment. Strategize what being productive looks like at home and work.

## **PRACTICE GRATITUDE**

Focus on what you have and are thankful for

## **PRACTICE MINDFULNESS**

Even beyond religion, spirituality ties to purpose. Meditation enables you to focus quietly within

## **MANAGE CHANGE**

Learning about the behavioral cycle to manage change may help us understand with the ups and downs we experience. How have you handled coping in the past? What tactics can you implement now? Knowing there is a lot of change at hand, avoid making life decisions on other unnecessary changes during this time. Focus your energy around stabilizing your work and home life, both which may have been impacted