

## Staying Well

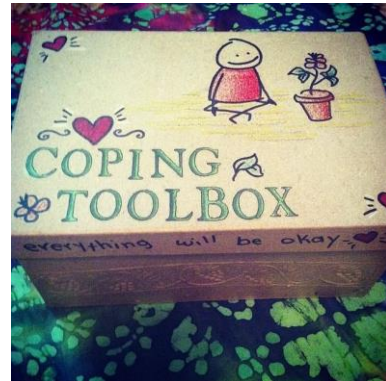
*During times like these, it is important to take care of yourself especially if you are responsible for taking care of others. Below are some suggestions for ways to manage your stress and stay well.*

### **Art/Tactile Activities**

#### **Make a Coping skill box/ bag**

Find a box or bag and decorate it. Put things inside the box

- 1 thing to touch
- 1 thing to see
- 1 thing to smell
- 1 to taste
- 1 thing to hear
- Affirmations or inspirational quotes



like:

#### **Make your own stress balls**

Put rice in a sock and tie it shut. Decorate it! Squeeze as needed.

### **Helpful Apps and Websites**

<https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html>

<https://suicidepreventionlifeline.org/current-events/supporting-your-emotional-well-being-during-the-covid-19-outbreak/>

[https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak\\_factsheet\\_1.pdf](https://www.nctsn.org/sites/default/files/resources/fact-sheet/outbreak_factsheet_1.pdf)

<https://www.samsung.com/us/explore/productivity/life/10-minutes-to-mindfulness/>

<https://members.ccbh.com/health-topics/tags/recovery>

## Mindfulness Activities

Mindfulness is defined as the quality or state of being conscious or aware of something. It is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and body sensations. Below are some mindfulness activities you can do.

<b>Mindfulness in food</b>
Get a food item of your choice and notice:
How it looks
How it feels
How it smells
How it tastes

<b>5,4,3,2,1 Activity</b>
<b>Notice:</b>
5 things you can see
4 things you can touch
3 things you can hear
2 things you can smell

Close your eyes and identify all the sounds you can hear
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Find one interesting object and trace its outline with your eyes as if you were drawing it.
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Pick an item and describe each color in it as specifically as you can
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## Coping Skills

Researchers suggest that there are steps that may help mitigate some of the negative mental health effects of quarantine.

- Establish routines – these may look different than your normal routine
- Be as active as possible – change to a different task when you get bored
- Combat frustration and boredom – stay occupied
- Communicate – stay in touch with other people
- Stay informed but not overwhelmed
- Remember why you are doing this: Stay Calm, Stay Home, Stay Safe

Coping skills to try:				
take a walk	listen to music	yoga	play with your pet	eat healthy food
read	art	cooking	meditate	get plenty of rest
journal	puzzles	baking	take a bath	talk with friends
color	games	stretching	spend time in nature	look at happy photos

## **Breathing/ meditation activities**

- Breathe in for three seconds, hold for three seconds, breathe out for three seconds
- Breathe in deeply and notice how it feels relax a bit more with every exhale
- As you breathe relax your muscles starting with your toes working up to your face
- Find a place in your memory you would love to revisit. Describe it as well as you can with colors, smells, landmarks, and anything you can use to recreate the place in your mind.
- Tense all your muscles tight for ten seconds and then completely relax. Notice how less tense you feel.

## **Self esteem activities**

- Put post it notes around your mirror that says good things about yourself and look at it everyday
- Create a vision board of your goals, things you love, your accomplishments, and affirmations. Look at it whenever you have negative thoughts about yourself.
- Have a self care at home spa day. Do your nails, take a bubblebath, do a facial and remind yourself you are beautiful and amazing.

### Self-esteem jars

Get a jar and write affirmations or things you like about yourself on sheets of paper and look at one whenever you need to.