

Taking Care of Yourself During This Turbulent Time

Discussion Questions:

- Check-in with yourself, how are you doing? Emotionally? Mentally? Physically?
- How am I getting outside today?
- How will I move my body today?
- Who am I checking in on, or connecting with today?
- What am I grateful for today?
- What expectations of normal am I letting go of today?

Ways to Support Yourself

- Take breaks from the news, including social media.
- Take care of your body. Take deep breaths, stretch or meditate.
- Do activities that bring you joy.
- Make time to disconnect and unwind.
- Connect with others, call, Zoom, or FaceTime someone you love and trust.
- Call your healthcare provider or mental health provider if stress or anxiety get in the way of your daily activities for several days in a row.