## **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.