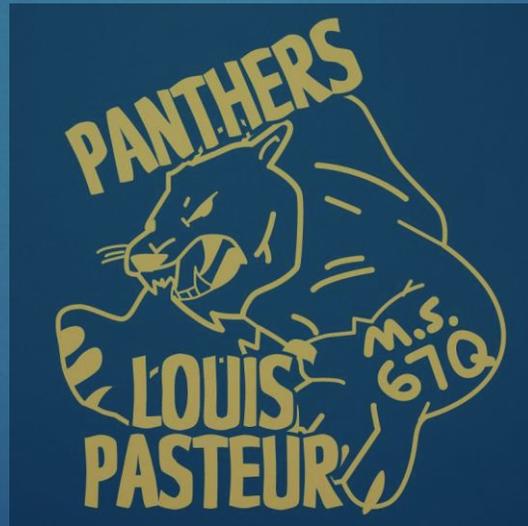


At Home Self-care Tips



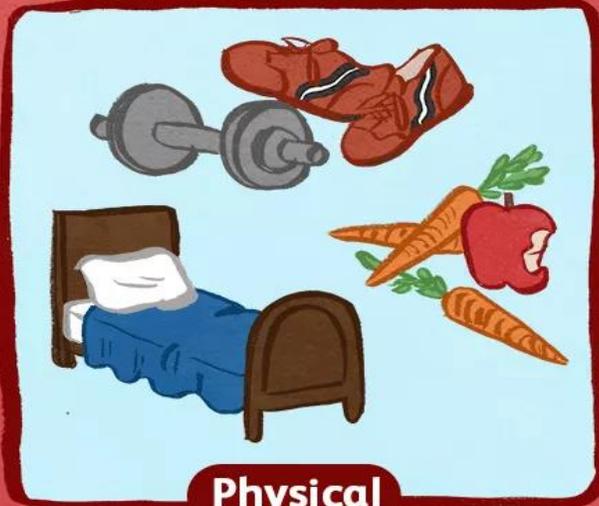
STAYING PANTHER STRONG

Why self-care?

Self-care is essential for strengthening our resilience toward our everyday stressors that we can't eliminate. When you take action on caring for your mind and body, you'll be better equipped on being mindful, relaxed and strengthening your overall mood.

We are all living in a new norm in which it can be causing stressful and challenging times in our lives. Due to this pandemic we might be having difficulty with maintaining our physical and mental health. It is important to evaluate how you're caring for your mind, body, and spirit. If we take care of ourselves, not only are we keeping ourselves healthy but we will become better able to help those around us.

Types of Self-Care



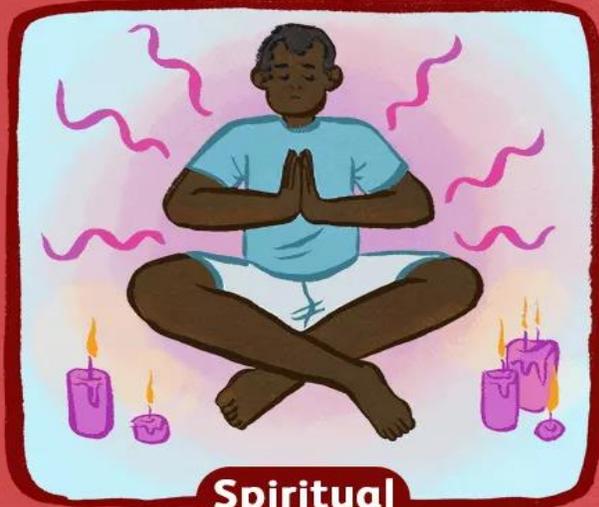
Physical



Social



Mental



Spiritual



Emotional

Physical Self-care

There is a connection between your body and mind. When you take care of your body, you are allowing your mind to work efficiently. Physical self-care will allow your body to move better, keep it healthy and release stressors and anxiety.

Physical self-care includes:

▶ How you fuel your body

Make sure you are making time for a nutritious breakfast, lunch and dinner. Also, make sure you are staying hydrated throughout the day.

▶ The amount of sleep you are receiving each night

Having an adequate amount of sleep each night is important for your body, mind and soul. Try to maintain the same bedtime each night.

▶ Physical activity

Set time aside each day to do something active. Participating in physical activity does not have to be long. 10-30 minutes a day can help energize your body, mind and release any toxic stressors.

Physical activity can include: Yoga, Dancing, Walking/Running, Cardio, Stretching, Biking, etc.

Mental Self-care

Mental self-care includes doing activities that will stimulate your mind. Keeping your mind active will promote motivation and effective thinking.

Mental self-care includes:

- ▶ Puzzles
- ▶ Learning something new
- ▶ Reading books
- ▶ Drawing, Coloring or Painting
- ▶ Journaling
- ▶ Having conversations with others
- ▶ Building something
- ▶ Practicing deep breathing
- ▶ Meditation and mindfulness
- ▶ Guided imagery

Spiritual Self-care

Spiritual self-care does not only mean religion, it includes having an understanding of your emotions and life. When you find meaning to each day, you will make it a special and peaceful one.

Spiritual self-care includes:

- ▶ Being thankful for something each day
- ▶ Meditation
- ▶ Mindfulness
- ▶ Muscle relaxation
- ▶ Deep breathing
- ▶ Art
- ▶ Reading
- ▶ Communication
- ▶ Going on a nature walk
- ▶ Connecting with family or friends

Social Self-care

Talking to friends and family might be difficult at times due to your busy schedule. However, socialization is essential for self-care. Having connections with others is important for your well-being. There are many ways to stay connected and build on your healthy relationships.

Social self-care includes:

- ▶ Set up weekly virtual meet-ups with friends or family.
- ▶ Set up a time each day to call someone on the phone.
- ▶ Text or write a letter or an e-mail to someone.
- ▶ Set a daily time in your house to have a family discussion.
- ▶ Set time to watch a movie with your family/friends.
- ▶ Set time to play a game with your family/friends.

Emotional Self-care

Each day brings a roller-coaster of emotions. It is essential for us to have healthy coping skills when dealing with uncomfortable emotions such as anger, sadness, anxiety or frustration. Emotional self-care is when we check-in and acknowledge our feelings daily.

Emotional self-care includes:

- ▶ Talk to someone about how you are feeling
- ▶ Name your feelings and accept how you are feeling
- ▶ Do an activity you enjoy to help reduce uncomfortable feelings
- ▶ Go to a peaceful area/room
- ▶ Positive self-talk
- ▶ Yoga or Meditation
- ▶ Mindfulness practices
- ▶ Guided imagery

OWNING YOUR FEELINGS

It can be easy to get caught up in your emotions as you're feeling them. Most people don't think about what emotions they are dealing with, but taking the time to really identify what you're feeling can help you to better cope with challenging situations.

TIPS FOR SUCCESS



Allow yourself to feel. Sometimes there are societal pressures that encourage people to shut down their emotions, often expressed through statements like, "Big girls don't cry," or "Man up." These outdated ideas are harmful, not helpful. Everyone has emotions—they are part of the human experience—and you have every right to feel them, regardless of gender, sexual orientation, ethnicity, socio-economic status, race, political affiliation or religion.



Don't ignore how you're feeling. Most of us have heard the term "bottling up your feelings" before. When we try to push feelings aside without addressing them, they build strength and make us more likely to "explode" at some point in the future. It may not always be appropriate to process your emotions at the very moment you are feeling them, but try to do so as soon as you can.



Talk it out. Find someone you trust that you can talk to about how you're feeling. You may find that people are eager to share about similar experiences they've had or times that they have felt the way that you are feeling. This can be helpful, but if you're really only interested in having someone listen, it's okay to tell them that.



Build your emotional vocabulary. When asked about our feelings, most people will usually use words like bad, sad, mad, good, or fine. But at the root of "good, bad, sad, mad, or fine" are many words that better describe how we feel. Try building your emotional vocabulary by writing down as many "feeling" words as you can think of and think of a time that you felt that way.



Try journaling. Each night write down at least 3 feelings you had over the course of the day and what caused them. It doesn't need to be a "Dear Diary" kind of thing. Just a few sentences or bullet points to help you practice being comfortable with identifying and expressing your emotions.



Consider the strength of your feelings. By thinking about how intense your emotions are, you may realize that what you thought you were feeling at first could better be described by another word. For instance, sometimes a person might say they are stressed when what they are really experiencing is something less severe like annoyance, alternatively anger might really be a stronger, deeper feeling like betrayal.



See a mental health professional. If you are taking steps to be more in touch with your feelings, but are having trouble dealing with them, mental health providers like counselors and therapists have been trained to help. Some free or low cost options are also available. Your employer might have an Employee Assistance Program (EAP) that offers a limited number of free counseling sessions, and your Human Resources department can help you access this resource. If you don't have an EAP through work, the leaders of religious organizations like churches, synagogues and mosques often have experience with counseling.

What is a Peace corner/room

Now that students are learning from home and many parents/guardians are working from home, it is important to have one area or room where it is work free. A peace corner or room is a place in your home where you can go to relax your mind or calm down. This area is for you to self-regulate your emotions, it is not an area for punishment.

Your peace corner/room might include:

- ▶ Pictures
- ▶ Writing tools
- ▶ Coloring tools
- ▶ Soft music
- ▶ Books
- ▶ Stuffed animals
- ▶ Pillows
- ▶ Yoga mat

What your peaceful corner/room can look like:



Build it in daily

Now that students and families are learning and working from home it can become easy to give up on scheduled routines. During this time we might find ourselves waking up later, giving up on hobbies, and pushing activities or assignments aside. We are losing track of time causing us to feel overwhelmed and stressed. Having a schedule or routines can help ease anxiety. It will allow you to feel motivated and accomplished once you check off each of your “to do” things.

- ▶ Start creating new routines that include time for self-care.
- ▶ Create a daily schedule that you can follow and stick to it.
- ▶ Make the schedule visible to you and your family.
- ▶ Use a timer or alarm clock to help follow the timed routines.
- ▶ Check off each item on your schedule when completed.

Relaxation Resources:

- ▶ Practice some mindful coloring

https://www.betweenessions.com/wp-content/uploads/2014/02/mindfulness-coloring-book-4_25-16.pdf

- ▶ Common Sense Media has a list of meditation apps that are appropriate for children of all ages.

https://www.common sense media.org/lists/meditation-apps-for-kids?j=7698356&sfmc_sub=179466459&l=2048712_HTML&u=143332603&mid=6409703&jb=2163&utm_source=covid19_resources_jim&utm_medium=email