

# Self-Care Ideas

## STRESS REDUCTION

- Do a puzzle
- Read
- Paint, draw or craft
- Meditate
- Practice yoga
- Clean/organize
- Garden/care for houseplants
- Walk the dog
- Play games with kids
- Watch a movie
- Bake
- Light candles, diffuse some oil
- Write cards for nursing home residents
- Video chat with loved ones
- Plan and work on home improvement projects
- Exercise
- Journal
- Learn a fun new skill

## DECREASE ISOLATION

- Call a loved one
- Use video chat with friends
- Join community groups online
- Find streaming religious services, exercise programs or other interests
- Have a virtual party
- Get outside in nature
- Volunteer or contribute to the community (socially distant)

## TAKE CARE OF YOUR BODY

- Establish a regular daily schedule
- Eat a healthy and balanced diet
- Avoid stress eating
- Avoid mood-altering substances
- Get plenty of rest
- Exercise regularly
- Get outside
- Drink plenty of water
- Avoid excessive caffeine and alcohol

# Remote Working & Collaboration Ideas

## FOR YOURSELF

- Avoid procrastination
- Get dressed for the day
- Plan and maintain a schedule for you and your family
- Reduce the urge to multi-task
- Accept the reality of the new normal
- Create a clear and organized space for work
- Separate work and home as much as possible
- Define clear boundaries with others who are at home during work hours
- Check in on co-workers

## FOR YOUR TEAM

- Use chat/collaboration tools to pose daily questions, post pictures/ideas, and hang out
- Schedule periodic team huddles and check-ins
- Take a short video coffee break with a co-worker
- Call team members who are less likely to participate in voluntary social activities to check-in