

Self-Care Activities (in 10 minutes or less)

These practices can be done in small windows of time but will have large impacts on your daily life in times of stress and uncertainty.

- **Limit your news & social media time:** when using news and social media, manage it in small chunks of time so that you can get the important updates you need, but will keep you from heightening your stress around current events.
- **Create structure and routine in daily life:** consider creating a daily agenda each day and sticking to a consistent morning and evening routine to help restore a sense of balance and predictability.
- **Get plenty of sleep:** your body needs sleep, especially in times of stress. Create the time in your day to sleep a full 8 hours so you can maintain your physical health and have energy for the day.
- **Mindfulness and Meditation:** Insight Timer and Headspace are free applications that offer short guided meditations and relaxing music.
- **Keep a gratitude journal:** every day sit down for a few minutes and write down 3 things in your life that you are thankful for.
- **Movement:** turn on some music and move/jump/dance by yourself or with your kids for 5-10 minutes.
- **Get some fresh air:** if you have the ability to, step outside for 5 minutes and simply breathe in the air from outside. You can do this from your porch, balcony, or yard—there's no need to go far.
- **Slow Your Breathing:** breathe in deeply from the belly and let out a longer breath (e.g. 4 seconds in and 8 seconds out). Do this 3-4 times to activate the body's relaxation response.
- **Notice your surroundings:** name FIVE things you see, FOUR things you can touch, THREE things you hear, TWO things you can smell, and ONE thing you can taste.
- **Take a bath:** if you have a bathtub in your home, fill it up with nice hot water and allow yourself to simply relax in the warm water. If you don't have a bathtub, a hot shower works just as well.

