Self-Care During
COVID-19

From distance learning to what feels like missing out on important life events, this is not the easiest time. Paying attention to your emotions helps not only you, but also your loved ones.

Here are some tips you can use to take care of yourself:

1 Know when to say no. Boundaries are important. Limit conversations that make you upset (for example, the news and social media). Don't feel like you need to sign up for things if you don't really want to. Stay away from activities that go against public health recommendations, like drugs and alcohol. Taking a break from certain things is okay!

2 Keep a routine. When we feel like we have so little control over our lives, having a routine can help us feel grounded. Some things to include in a routine are:
- Getting 7-8 hours of sleep
- Eating healthy food at least three times a day
- Disconnecting from devices an hour before you go to sleep

3 Get the blood moving. Movement helps us stay connected to our bodies, and can help us with focus and mood, too! You don't have to be an athlete; an outdoor walk or mid-day solo dance party will work, too.

4 Safe socializing. Staying in touch with friends is important and there's a bunch of ways to connect. Schedule a Zoom call, where you can present a goofy slideshow and share videos or games.

5 Gratitude journaling. When you feel anxiety or stress creeping in, write down three things you are thankful for.

6 Quit the comparison game. We were not all dealt the same hand of cards in life. Not everyone is in the same place, and that is okay. People do not post their boring days or share the low points of their lives on social media. You are amazing, just as you are.

7 Community care. Having empathy for others can actually help us feel better. Whether it be shoveling for a neighbor, calling up an older family member, or collecting food to donate to a pantry, using this time to make others feel loved will help everyone now and once things return to normal.

LEARN MORE ABOUT THE VACCINE AT:

Greater Lowell Health Alliance: **greaterlowellhealthalliance.org/covid-19**
Lowell Community Health Center: **lchealth.org/patients/covid-19-updates**
CDC: **cdc.gov/coronavirus/2019-ncov/vaccines/faq.html**
MA DPH: **mass.gov/info-details/covid-19-updates-and-information#covid-19-vaccine-**

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#ThisIsMyWhy   *Source: CDC | Rev. 3/4/21