

10 Self-Care Tips During the COVID-19 Outbreak



Remember – good mental health starts with you!

The Coronavirus Disease (COVID-19) outbreak has impacted all of us and our emotional health, causing feelings of fear and uncertainty. So now, more than ever, it is important to take time for yourself, get the care and the support you need and practice healthy habits.

The following items are ten simple, easy tips to take a break, be kind to yourself and boost your emotional well-being:

Connect with Family & Friends Safely

Humans are social beings who want to feel supported, valued and connected. Connect with individuals you care about and trust to ease day-to-day stress by planning virtual or physically distanced activities while adhering to public health order protocols. Check-in with family or friends from afar and plan creative virtual hangouts via Zoom, House Party, Face Time or other video conferencing tools. Research shows that the benefits of social connection include increased happiness, a lower risk of high blood pressure and a longer life.

Get Outside for Walks or Hikes

Proximity to greenspace has been associated with lower levels of stress and reduced symptomology for depression and anxiety. Take the time to enjoy your surroundings and interact with nature. Going for even a short 5- to 10-minute walk outside, wearing your face covering and staying at least 6 feet from others when possible can be a great way to reset and refocus. Check out [County of San Diego Department of Parks and Recreation Virtual Recreation Center](#) to discover County parks, hiking trails, youth activities, and family activities.

Turn Off Electronics

Electronics increase connectivity and help us stay engaged with the world, but they can also prevent us from “winding down” at the end of the day. Both mental activity and light exposure from devices promote wakefulness so aim to turn off electronics an hour before going to bed to help prepare your brain for sleep.

Eat Well

It is important to eat well to function well. Maintaining a well-balanced diet and routines around your meals can also boost your energy, counteract the impact of stress on your body, provide fuel for your brain and lower the risk of developing certain diseases.

Stay Physically Active Safely

Exercise not only benefits your physical health, but it can decrease stress, anger and tension. It reduces anxiety and depression, improves sleep and can also boost self-esteem and confidence.

Get Enough Sleep

Experts suggest that adults should get about 7 to 9 hours of sleep a night. This amount will vary from individual to individual, but it is important to assess whether you are getting enough sleep to stay healthy. The body craves consistency so try your best to set a regular bedtime for maximum rest.

Meditate

Meditation not only offers a sense of calm, but can help to deal with anxiety and depression, cancer, chronic pain, asthma, heart disease and high blood pressure. Set aside at least a few minutes a day to try out a meditation option that works for you. There are many books, CDs, mobile apps and online resources that can help you get started.

Listen to Music & Dance

Research shows that dance improves heart health, overall muscle strength, balance and coordination and reduces depression. Consider listening to music you enjoy, and dance as a form of therapy or to relieve stress. You can access many dance videos and classes offered through online platforms.

Do Something You Enjoy

Is there something that you love to do? Hobbies are a great way to structure your time, stretch your skills and help you cope with stress. Try something new with the time you have to get creative or take up a new skill you have always wanted to try.

Seek Professional Support

Seek support and care from professionals when needed. If distress impacts activities of your daily life for several days or weeks, talk to a counselor, your doctor, a faith leader, a trusted friend or family member, or contact Access & Crisis (ACL) helpline at 1-888-724-7240 to speak with an experienced counselor who will provide you with a referral to meet your needs.

Information courtesy of Mental Health America. For more information and additional resources and tips, please visit <http://www.MentalHealthAmerica.net/>.



For more information on partners, mental health resources, and how to get involved, please visit:

www.CheckYourMoodSD.org



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