Taking Care of Yourself

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During challenging times it can be hard to stop and take care of yourself. You may feel like you are juggling so much but could still be doing more to help those around you. Take a step back and breathe. The best way to be there for the ones you care about is to first reach inward and be there for yourself. When you are effectively taking care of yourself, you are better able to care for others. Self-care can help you be the calm and steady pilot in the middle of unpredictable turbulence.

Schedule time for self-care each day, even if just for a couple of minutes!

Be kind and gentle with yourself. It's ok if things look different than you thought they would.

Practice gratitude. Even in challenging times, there is something to be thankful for. Find the little things in your life that bring you joy.

Make time for yourself to do something you love, like reading a book or painting.

Give someone a compliment. When someone compliments you, accept it unconditionally!

Talk to a therapist online. There are many providers helping people online via telehealth appointments, or just talking online.

Include meditation into your daily routine. Allow yourself to take some time to breathe and be present in your own space.
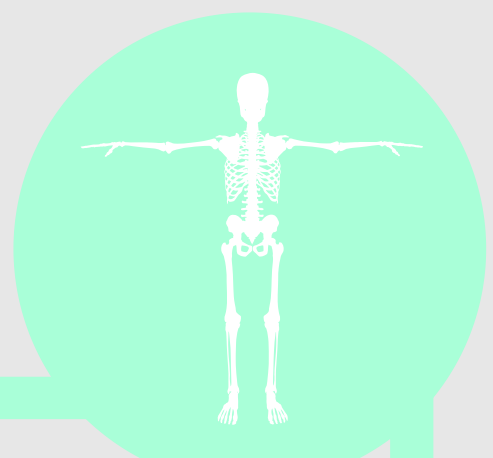
Let some natural light into your home by opening the curtains or windows.

Connect with friends and family using video chat services like FaceTime and Skype.

Try to be consistent with your sleep schedule to keep some type of routine.
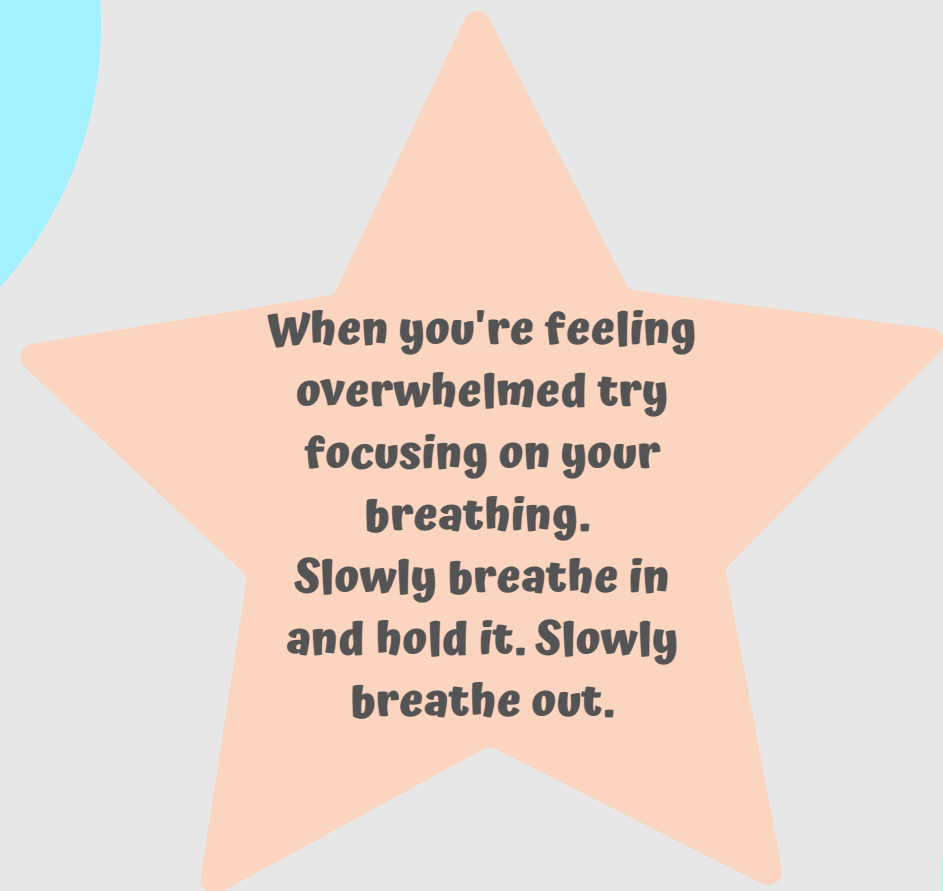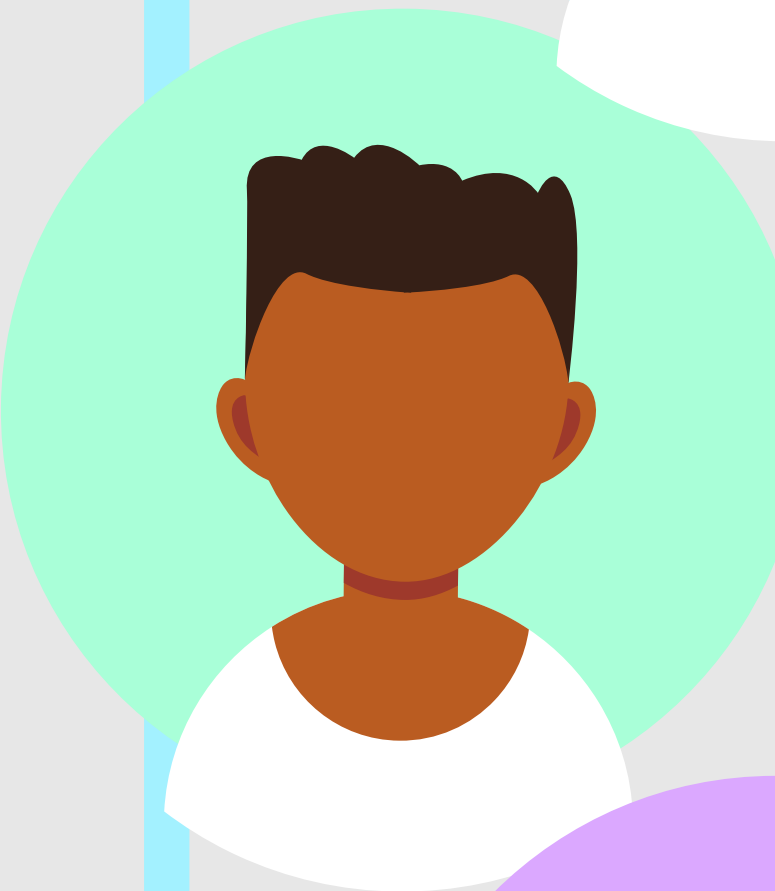
When you're feeling overwhelmed try focusing on your breathing. Slowly breathe in and hold it. Slowly breathe out.

Take some time to unplug each day. Put your work away, step away from the screens, and do something to get you moving.

Do some spring cleaning. Take this time to organize something you've been meaning to get to, but could never spare the time.

Move your body. Go for a walk or try some yoga or workout videos on Youtube.

Go outside and get some fresh air.

There are times when we are better at self-care than others. Always be mindful of how you are feeling. Be forgiving with yourself and know you are doing your best and that is enough.