

Self-Care Strategies During Uncertain Times

When things feel uncertain or when we don't feel safe, it's normal to feel stressed and overwhelmed. For those who already struggle with their mental wellness, we might feel more anxious, depressed or less motivated to carry out our daily activities. While not a substitute for professional care, there are things you can do to reduce stress, encourage wellness, and restore a sense of well-being in the face of uncertainty. You know yourself best. Do what works for you.

Here are a few self-care activities to help you take a step back, breathe, and focus on your well-being.

Mind

- Have a daily routine
- Set goals each day
- Make a gratitude list
- Take breaks
- Practice mindfulness
- Read a book
- Develop a project, activity or new skill (e.g., painting, knitting, woodworking)
- Acknowledge something you did
- Schedule worry time
- Journal
- Express your feelings



Body

- Walk, exercise, go outside if you can
- Set a sleep routine, giving yourself time to rest and restore
- Practice meditation and yoga
- Take deep, slow breaths
- Take a bath or shower
- Eat something healthy
- Drink a cup of tea
- Limit your caffeine and alcohol intake
- Put on your favorite song and dance



Soul

- Ask for help
- Donate to a cause
- Tell someone you love them
- Reach out to someone who may need you
- Follow "feel good" social media
- Set boundaries for yourself
- Write a poem or short story
- Share something special
- Connect with whatever inspires you



Surroundings

- Create a "retreat" space
- Make your space comfortable and safe
- Display something you like to look at
- Watch your favorite movie or show – or something you've been meaning to see
- Join a virtual gatherings



Continued >



Add your Own

Mind

Body

Soul

Surroundings

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*Adopted from "Self-Care Strategies for Resilience"