

# GOOD REMINDERS

## 5 WAYS TO SELF-CARE DURING CORONA (COVID-19) VIRUS

@HOLISTICALLYGRACE

### INFORM

LIMIT EXCESSIVE, CONTINUOUS EXPOSURE TO MEDIA. INFORM, WITHOUT OVERWHELM. SET BOUNDARIES AROUND TIME, TRUSTED SOURCES.



### CONNECT

REACH OUT FOR EMOTIONAL SUPPORT, CONTACT LOVED ONES. ISOLATION IS DETRIMENTAL TO OUR HEALTH



### SOOTHE

DEEP BELLY BREATHING, GROUNDING TECHNIQUES, GUIDED IMAGERY, PRAYER, CALMING SOUNDS, LAUGHTER, SINGING



### CONTROL

FOCUS ON THINGS WE CAN CONTROL: WASH HANDS, HYDRATE, NOURISH, CONTACT HR REGARDING WORK POLICIES, ADJUST FINANCES



### HONOR + DISTRACT

ACKNOWLEDGE FEAR, ANXIETY. FIND ACTIVE WAYS TO DIVERT ATTENTION: PUZZLE, READ, CRAFT, ETC.

## I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS FOLLOW THE RULES OF SOCIAL DISTANCING

THE AMOUNT OF TOILET PAPER AT THE STORE

## I CAN CONTROL

(So, I will focus on these things.)

THE ACTIONS OF OTHERS

MY POSITIVE ATTITUDE

TURNING OFF THE NEWS

FINDING FUN THINGS TO DO AT HOME

HOW LONG THIS WILL LAST

HOW I FOLLOW CDC RECOMMENDATIONS

LIMITING MY SOCIAL MEDIA

PREDICTING WHAT WILL HAPPEN

MY OWN SOCIAL DISTANCING

MY KINDNESS & GRACE

OTHER PEOPLE'S MOTIVES

HOW OTHERS REACT



Clipart: Carrie Stephens Art  
The Counseling Teacher.com

# GOOD REMINDERS

SET BOUNDARIES WITH WHAT + HOW MUCH MEDIA YOU CONSUME

YOU'RE ALLOWED TO OPT OUT OF OVERWHELMING DISCUSSIONS

TRY TO RESPOND TO THE FEARS OF OTHERS WITH UNDERSTANDING + RESPECT

**GENTLE REMINDERS:**  
FOR WHEN THE WORLD FEELS FRIGHTENING

FOCUS ON THE MANY THINGS YOU CAN CONTROL

BE MINDFUL OF WHEN IT'S BECOMING MORE THAN JUST 'BEING INFORMED'

BREATHE, CONNECT + TAKE GENTLE CARE OF YOURSELF + OTHERS

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## ANXIETY GROUNDING TECHNIQUE

focus on your breathing, then identify






- 5 things you can see 
- 4 things you can touch 
- 3 things you can hear 
- 2 things you can smell 
- 1 thing you can taste 

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## Self-Care Strategies

During the Coronavirus Pandemic  
[www.thepathway2success.com](http://www.thepathway2success.com)







List 5 things you are grateful for

Take one day at a time

Take a break when you need one

Use positive self-talk







Go for a walk or spend time outside

Read a good book

Video chat with family and friends

Stay active and eat well



Make memories with family at home

Spend less time on social media

Accomplish something on your to do list

Turn off the news

Illustrations by Kelly Redfield & Sarah Pearson