5 minute self-care tips

To help when things are uncertain and routines are changing

Make a to do list
- Write out what needs to get done
- Break down tasks into smaller parts
- Schedule time for breaks

Let go of what you can't control
- Think: is this something I can control?
- If no: think about what might be helpful to get me through this challenge

Listen to your favorite music
- Find a playlist from your favorite artist or genre (or make a digital mix tape!)
- Put it on when feeling anxious or like you need a break

List 3 things you're grateful for
- You can write it down, think it, or say it aloud
- It can be big or small - there is no right way to be grateful

Write down your thoughts
- Schedule in time to jot down some thoughts, or do it as needed
- Writing can help alleviate worries, fears, or concerns

Go for a quick walk (preferably outside)
- Getting outside can be good to combat feeling isolated
- Practice social distancing when venturing out