

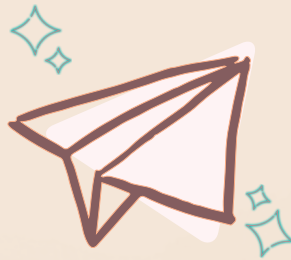
# 5 minute self-care tips

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



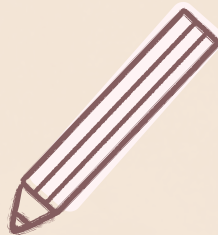
## LISTEN TO YOUR FAVORITE MUSIC

- ✦ 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



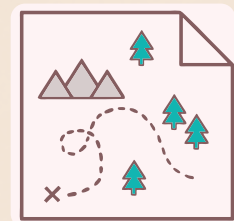
## LIST 3 THINGS YOU'RE GRATEFUL FOR

- ✦ 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