



ASSOCIATES IN  
FAMILY MEDICINE

# SELF-CARE AND COPING DURING COVID-19

## Things you can do to support yourself (CDC, 2020)

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced meals, exercise regularly, get plenty of sleep, and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling. Utilize virtual chat options such as FaceTime or Zoom to meet up with friends.
- Keep your routine as much as possible. If you don't have a routine, try to structure each day.
- Make a list of projects, tv shows, books of things you ought to or want to do
- Take this time to try a new hobby through YouTube videos
- Write letters or make cards for friends
- Focus on things that you can control
- Make sure to follow "good news" or "worthy" movements on social media to counteract all the negativity in the news.
- Spend time/money helping others or your community
- Reflect on what you are grateful for in your life
- Go outside in nature, keeping at least a 6 foot distance from others

## Grounding Exercises

Exercises that you can do to bring yourself into contact with the present moment – the here and now. They can be quick strategies (like taking three deep "belly breaths") or longer, more formal exercises (like meditation). Different strategies work for different people, and there is no "wrong" way to ground yourself. The main aim is to keep your mind and body connected and working together. Takes you out of worrying about the past or the future, things that you cannot control.

Examples of Grounding Exercises-

- Deep Breathing

- Naming 5 things you can see, 4 things you can feel, 3 things you can hear, 1 thing you can smell, one thing you can taste
- Guided meditations
- Exercising
- Hold a cold drink or an ice cube in your hand
- Spend time with pets

### **Apps that promote self-care and teach coping skills**

- Calm-Exercises to improve sleep, meditation, and relaxation
- Sanvello-Tools and techniques to manage depression, anxiety, and stress
- Youper -Emotional health assistant that teaches techniques that improve mental health
- HeadSpace- Exercises to improve sleep, stress/anxiety, productivity, exercise, and physical health
- Insight Timer-Guided meditation app that assists with stress/anxiety and sleep; lots of free content and COVID-19 specific material

**Call your AFM office to speak with the Care Coordinator about additional strategies or resources to help you cope during this time.**