

# SELF-CARE DURING COVID-19

Service providers and frontline workers are under a tremendous amount of stress due to the effects of COVID-19. Fear, anxiety, exhaustion, headaches, overeating, lethargy, high blood pressure, inability to concentrate and a quick temper are just a few normal signs you may be experiencing. Check in with yourself to maintain the calm presence needed to best serve clients. Check out the tips below.

## Prioritize healthy boundaries and positive relationships.

- Develop a realistic schedule and routine you can keep during this time. Make sure to include the basics—enough sleep, time to eat healthy foods, physical activity.
- Take breaks as you need them; accept that you may need more now than you did before.
- Be realistic and graceful in your expectations for yourself, your family, your clients, etc.
- Connect with the people you love daily, even if only through text.
- Laugh and find something to enjoy in each day.

## Stay calm and reconnect with yourself.

- Acknowledge when a client's experience is triggering your own fear or anxiety. Take a breath and clear your mind. When you've completed your client interaction, check in with yourself. Call a trusted friend or colleague to regroup if needed.
- Be honest if you're overwhelmed. Ask your supervisor or coworkers for support.
- Be active in whatever way works for you: take walks, ride a bike, jog.
- Listen to music, meditate, dance.
- Find a hobby that encourages focus (puzzles, legos, coloring, etc.).
- Read a good book or re-read a favorite book.
- Journal or write a short story.

## Believe in yourself and your abilities.

- Acknowledge your strengths: make a list of 10 things you're great at.
- Avoid self-criticism: This experience is new and challenging for everyone.
- Is there something you've always wanted to learn, do or try that you could accomplish now? Consider setting aside time to learn a new hobby or discover new interests.
- Post positive affirmations or encouraging quotes where you'll remember them often.