



## Social Distancing Self-Care

Week of 4/20/2020

### Daily Self Check-In

- Between work, distance learning, worrying about covid-19, stressing over finances, etc, the days can often become busy and overwhelming. Try to remind yourself to STOP occasionally throughout your day. This can increase awareness of what is going on around you and inside you, and allow you to disengage from the habitual busyness of your mind.
  - **S – Stop.** Whatever you're doing, just pause momentarily.
  - **T – Take a breath.** Reconnect with your breath. The breath is an anchor to the present moment.
  - **O – Observe.** Notice what is happening. What is happening inside you, and outside of you? Where has your mind gone? What do you feel? What are you doing?
  - **P – Proceed.** Continue doing what you were doing. Or don't. Use the information gained during this check-in to change course. Whatever you do, do it mindfully.



## Tip of the Week

- Routine is your friend!
  - It helps to manage anxiety, and will help you to adapt more quickly to this current reality. Create clear distinctions between work and non-work time, ideally in both your physical workspace and your head space. Find something to do that is not work and is not virus-related that brings you joy. Working in short bursts with clear breaks will help to maintain your clarity of thought.

## Mindfulness Strategy

- Mindful Meditation Videos
  - 1 Minute: <https://youtu.be/lDFD-L-Csz0>
  - 3 Minute: <https://youtu.be/SEfs5TJZ6Nk>
  - 5 Minute: <https://youtu.be/nmFUDkj1Aq0>

