



Social Distancing Self-Care

Week of 5/18/2020

Daily Self Check-In

- Stress and anxiety can often be big obstacles in our lives. The 5-4-3-2-1 Coping Technique is designed to ease your state of mind and assist you in getting through those stressful moments.
- Begin with a deep, slow, and long breath.
- See: Acknowledge five things that you can see around you (pen, stapler, bird, tree, glass of water, etc)
- Touch: Acknowledge four things that you can touch around you (hair, hands, ground beneath your feet, keyboard, pillow, etc)
- Hear: Acknowledge three things you can hear around you. Focus on external noises, such as a car driving nearby, a clock ticking, or a dog barking.
- Smell: Acknowledge two things around you that you can smell (fresh cut grass, food cooking, soap, etc).
- Taste: Acknowledge one thing around you that you can taste (coffee, toothpaste, what you are eating for breakfast/lunch/dinner, etc)
- End this exercise with a long, deep breath.

The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.

 <p>Acknowledge 5 things that you can see around you.</p>	 <p>Acknowledge 4 things that you can touch around you.</p>
 <p>Acknowledge 3 things that you can hear around you.</p>	 <p>Acknowledge 1 thing that you can taste around you.</p>
 <p>Acknowledge 2 things that you can smell around you.</p>	

#DeStressMonday DeStressMonday.org **DeStress**

Tip of the Week

- Positive thinking is good for your body, mind, and overall health. Complete this 7-day positivity challenge and see how it impacts your mindset by the end of the week. Start today!

7-DAY POSITIVITY CHALLENGE

Day 1 **Practice gratefulness.**
Appreciate everything you have, instead of focusing on what you don't have.

Day 2 **Focus on positive thinking.**
It's so important to focus on positive thinking, because it is more beneficial to our well being and it can more effectively help you to get through this time.

Day 3 **Declutter.**
It is a refreshing feeling to get rid of the things you no longer need and haven't used for a while.

Day 4 **Help and support those in need.**
If you know someone who might need some support, please help as much as you can. We are all in this together and together we can do so much good.

Day 5 **Do something good for your body.**
Do some exercise or make something healthy to improve your health.

Day 6 **Spread Positivity.**
Encourage others to stay positive.

Day 7 **Do something creative.**
It is such a relaxation to do something creative, like drawing for example. Try something new and have fun with it.

Mindfulness Strategy

- **4-7-8 Breathing Technique**
 - Also known as “relaxing breath,” this breathing pattern aims to reduce anxiety, control or reduce anger responses, or help a person get to sleep.
 - Requires you to focus on taking a long, deep breath in and out.
 - How to do it:
 - Adopt a comfortable sitting position and place the tip of the tongue right behind the top front teeth.
 - Empty the lungs of air.
 - Breathe in quietly through the nose for 4 seconds.
 - Hold the breath for a count of 7 seconds.
 - Exhale forcefully through the mouth, pursing the lips and making a “whoosh” sound for 8 seconds.
 - Repeat the cycle up to 4 times.