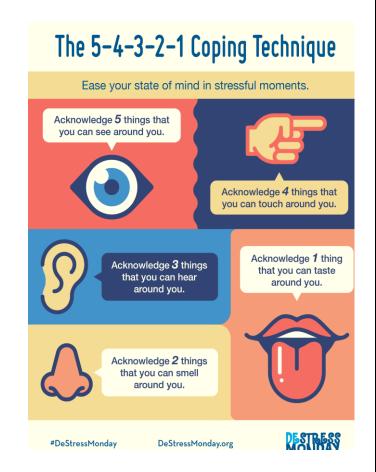


# **Social Distancing Self-Care**

#### 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.



## 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!



# **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.
- O 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 guietly 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.