SELF-CARE

Your go-to toolbox for self care ideas, resources & guides.

REPLACE NEGATIVE THOUGHTS

Negative thinking can be habitual.

If you find yourself having a negative thought, whether it's about yourself, someone else, or a situation, think "Stop!" or "Cancel!" Then replace it with two positive thoughts. Doing this can help retrain your brain so that if something goes wrong, you don't automatically look at the negative side.

SET A SCHEDULE

If the days are starting to blur together, try scheduling out a routine and sticking to it.

Schedule time for productive activities (schoolwork, hobbies), self-care (watching movies, naps), and connection (calling a friend, a family game). Act purposefully so your time feels meaningful. Don't push yourself too much, though. Even adding simple things into a routine like getting dressed or doing the dishes, can help you feel on track.

GET OUTDOORS

Even if it's just in your hand, sunlight and a change of scenery can help boost your mood.

If you can, go for a walk around your neighborhood. Leave your phone behind or keep it in your pocket. Or see if a friend will do a scavenger hunt competition wit you. Create a list together of objects you might see on a walk. (a blue car, a pine tree, a fire hydrant, etc.) Victory goes to the first person to find all of the items and take pictures.

BE KIND TO YOURSELF

A lot of people are concerned that they're not being productive enough during this time.

"I can't focus on work," "I'm not meeting homework deadlines," "I don't know how to keep up with hobbies." Keep in mind that your ability to focus, to motivate yourself, and to get things done are all affected by anxiety, depression, and loneliness: which we have plenty of right now. Applaud yourself for dealing with the massive changes as well as you have. Ask teachers for extra help or extended deadlines, talk to someone about how you're feeling, and be kind to yourself. We're all in new territory.

Center for Suicide Awareness

Learn more at <u>CenterForSuicideAwareness.org</u>.