

Coronavirus: **10 Things You Can Do** **to Take Care of You**

1) **Be Mindful + Follow** *what health experts are asking you to do.* e.g. “**social distancing**”.
But think of it with a slight twist:

Creating **Physical distance + Social / Emotional connection**

*It's a way of preventing the spread of the virus while growing
the spread of caring and compassion.*

2) **Practice Self-Care**

When we get fearful or stressed, our body tenses up and our thoughts race. Remember to breathe. Find ways to relax your body and calm your thoughts + emotions. Practice self-care and self-love.

3) **Nourish and Nurture Yourself**

Regularly ‘feed’ your body, mind, spirit. Take time to really enjoy your food. Uplift yourself mentally + emotionally. Look for beauty. Find humor. And nurture yourself with nature (even online).

4) **Look Gently at Your Fears + Losses**

It’s tempting to look away from things that worry or scare us, like the spread of the virus, financial challenges, and loss of life. But the more we are able to look at these, the easier it is to cope.

5) **Give and Receive Emotional Support**

Get in touch with people who come to mind. Talk with others about how *you* are feeling. Send out thoughts of love, healing and support to others. And look for inspiring stories.

6) **Connect with Spiritual Strength + Support**

Depending on your belief system, pray, meditate, or contemplate ideas like wisdom, beauty or grace. Connect with something larger than yourself. Read favorite quotes or sayings that inspire you.

7) **Stay Informed... but Watch Less News**

Inform and educate yourself. But be aware when it becomes too much. Don't get caught up in the frenzy or 'grip' of the news. Turn to other programs and information which enrich + uplift you.

8) **Find good news and hope, *in the midst of what is happening***

Watch for small signs of progress with the virus, finances, and the economy. Look for stories of people doing inspiring work, sharing things they love, and giving to others.

9) **Help Others**

Do what moves *you*. Share your gifts, assist people, and contribute in ways you can. Be inspired by what others are doing. Giving increases our immune system, and others' well being too.

10) **Use This as a 'Reset Button'**

Take the time to pause + reflect on what’s important. Connect with those who matter to you. Consider how this might be used as a wake-up call, about things we need to change in our lives.

Remember: **We will get through this!**

Find what **YOU** can do... to take care of yourself in the best possible way...
and help *others* do the same.

Want more information? Go to www.takecareofyou.info