

MAINTAINING EMOTIONAL HEALTH DURING A PANDEMIC: A SELF-CARE ASSESSMENT

Remember: Two strong individuals make a strong Team.

Self-Care Strategies:

- 1. I am taking time each day to slow down, breathe, meditate, or read spiritual/uplifting literature.
- 2. I am restricting the amount of time I listen to the negative pandemic news.
- 3. I am staying in the present moment, rather than futurizing and getting fearful.
- 4. I am getting some form of exercise most days.
- 5. I am restricting the amount of alcohol and/or drugs I am consuming.
- 6. I am structuring my day so that I can keep a routine as much as possible.
- 7. I have gone to bed early to ensure I sleep well and enough.
- 8. I turn off the devices and television at least ½ hour before bedtime to wind down and support my sleep.
- 9. I am setting realistic goals, recognizing that self-isolation is utterly exhausting.
- 10. I am getting up from my computer regularly to avoid screen fatigue.
- 11. I restrict the number of hours I work in any given day to ensure balance.
- 12. I use techniques and/or strategies to manage my anxiety/fear.
- 13. I am facing my emotions and using this time as an opportunity for growth.
- 14. I am being gentle with myself and my partner, understanding that we are all doing the best we can under difficult circumstances.
- 15. I try to find something fun to do alone or with family/friends each day.
- 16. I am doing something I feel proud of at least once a day.
- 17. I am spending quality time with my partner/spouse away from distractions.
- 18. I am negotiating time together and time alone effectively.
- 19. I take alone time for myself to rejuvenate.
- 20. I look for the silver linings each day and take advantage of this time to know myself better.
- 21. I am focused on learning to be a better team player, knowing that my behavior matters.
- 22. I am making time to connect with friends who nurture me.
- 23. I am staying in touch with extended family members and making time for family meetings.
- 24. I am asking others for help, when I need it or am tired.
- 25. I deal with resentments, in constructive ways, when they come up, rather than let them fester.
- 26. I give myself permission to have a tantrum to let off steam, doing it safely and alone, rather than targeting my anger at my partner, co-workers, or children.
- 27. I have reached out to a therapist or mental health professional for help.

If you checked less than 10 boxes, it would benefit you to pick 1-2 extra strategies each week that will help you build up your emotional well being. What you do now will impact how you feel later. We will get through this together - happy, healthy and ready to re-engage in life more fully. And if you need additional support or help, please don't hesitate to reach out to us.