



SELF-CARE TIPS

when in community quarantine



TAKE BREAKS FROM WATCHING, READING OR LISTENING TO NEWS STORIES INCLUDING SOCIAL MEDIA

Hearing about the pandemic repeatedly can be upsetting.



TAKE CARE OF YOUR BODY

- ✓ Take deep breaths, stretch, or meditate.
- ✓ Exercise regularly, get plenty of sleep.
- ✓ Try to eat healthy, well-balanced meals.
- ✓ Avoid alcohol and drugs.



CONNECT WITH OTHERS

Talk with people you trust about your concerns and how you are feeling.



MAKE TIME TO UNWIND

Try to do some other activities you enjoy.



CHECK IN WITH YOUR LOVED ONES OFTEN

Virtual communication can help you and your loved ones feel less lonely and isolated. Consider connecting with loved ones by:

- ✓ Telephone
- ✓ Text Messages
- ✓ Social Media
- ✓ Email
- ✓ Video Chat