

## ***“Tips for Incorporating Self-Care into your routine during a Pandemic”***

*Including self-care activities into your **schedule** can **HELP WITH** managing **stress, anxiety** and **mood** disturbances.*

### ***CHOOSE A SELF-CARE ACTIVITY***

<i>Go for a Walk</i>	<i>Star Gaze</i>	<i>Plan/Have a Virtual Game Night with Friends</i>
<i>Sit and Relax at a Park</i>	<i>Watch funny YouTube Videos</i>	<i>Take a 15 Minute Break at Work</i>
<i>Take a Break from Social Media</i>	<i>Give yourself a Pedicure and Manicure</i>	<i>Put together a Puzzle</i>
<i>Sit and Relax in Yard, on Patio or Balcony</i>	<i>Bake</i>	<i>Read a Magazine</i>
<i>Color</i>	<i>Go to Bed Early</i>	<i>Start a Garden</i>
<i>Go Fishing</i>	<i>Ride a Bike</i>	<i>Go Camping</i>
<i>Meditate</i>	<i>Take a Hot Bath with Bath Salts or Bath Bombs</i>	<i>Go Hiking</i>
<i>Create a Gratitude Journal</i>	<i>Listen to Favorite Podcast</i>	<i>Declutter (Spring Cleaning)</i>
<i>Paint or Draw</i>	<i>Listen to Favorite Music</i>	<i>Sew or Knit</i>
<i>Read a Book, for fun</i>	<i>Exercise</i>	

### ***DECIDE WHEN AND HOW OFTEN YOU WILL COMPLETE THE ACTIVITY***

*Mornings, Evenings, Weekends or Lunchtime? Daily, Weekly, Biweekly or Monthly?*

*Once you’ve decided when and how often, create a schedule.*

### ***STAY CONSISTENT***

*To notice a positive change, self-care activities must be done regularly.*

*Set reminders to help with this.\**

### ***CHANGE OR ADD MORE ACTIVITIES AS NEEDED***

*Base the number of activities and the consistency of the activities on a self-assessment.*

*More Stress=More Self-Care Activities\**

*Brittina Johnson, M.A., PLPC  
Counselor  
ULM Counseling Center*

# ULM Counseling Center

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Counselor  
ULM Counseling Center*