

SELF-CARE STRATEGIES

DURING COVID-19 & GOING FORWARD

CORY-JEANNE HOUCK-COX, BA

Surviving the COVID Crisis: Voices from the Private Sector NDEO – Live Presentation April 8, 2020

What is a Self-Care Plan and Why Do I Need One?

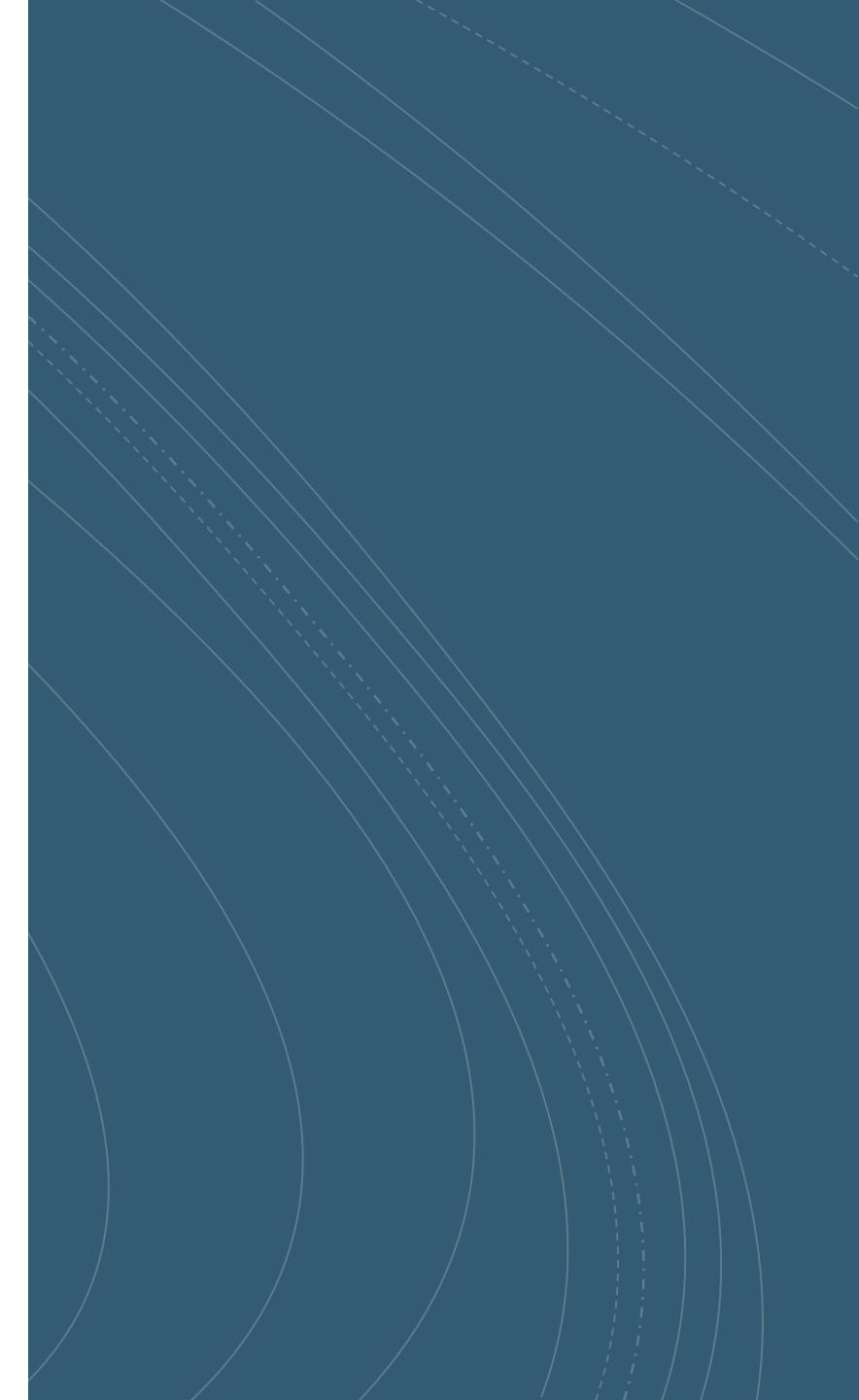
- “A Self-Care Plan is an intervention tool that keeps you from being completely sucked into the vortex, saving you when you find yourself standing on the precipice gazing into the dark abyss. It’s a fail-safe, created by you, and filled with your favorite self-care activities, important reminders, and ways to activate your self-care community—even virtually.”

- SHELLY TYGIELSKI
 - MARCH 31, 2020 WELL-BEING

Give yourself permission

It's okay to cry: It releases
frustration

It's okay to vent: Allow a
venting time



Customize A Plan FOR YOU



Defining what you need



Setting up buffers: Knowing when to SAY NO



Getting enough sleep



Physical activity just for YOU



Healthy diet



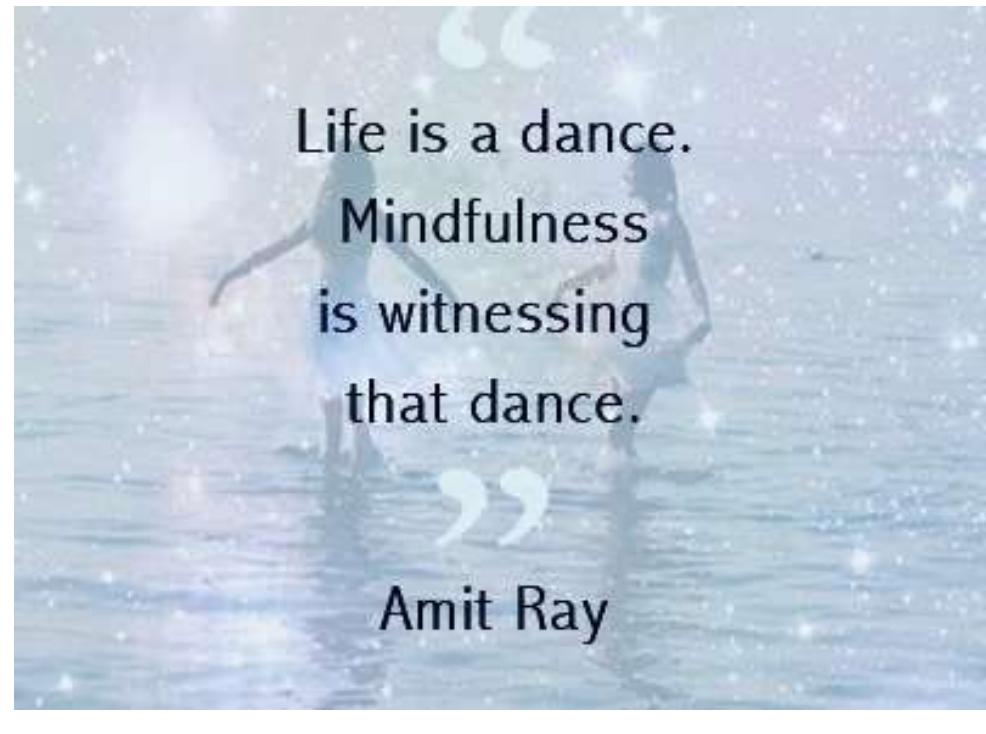
Relaxation Exercises or Meditation

BE
INTENTIONAL

ADD TO YOUR
CALENDAR

- UPON AWAKENING
- MORNING
- AFTERNOON
- EVENING
- BEFORE BED

IT TAKES PRACTICE TO CARE FOR YOURSELF



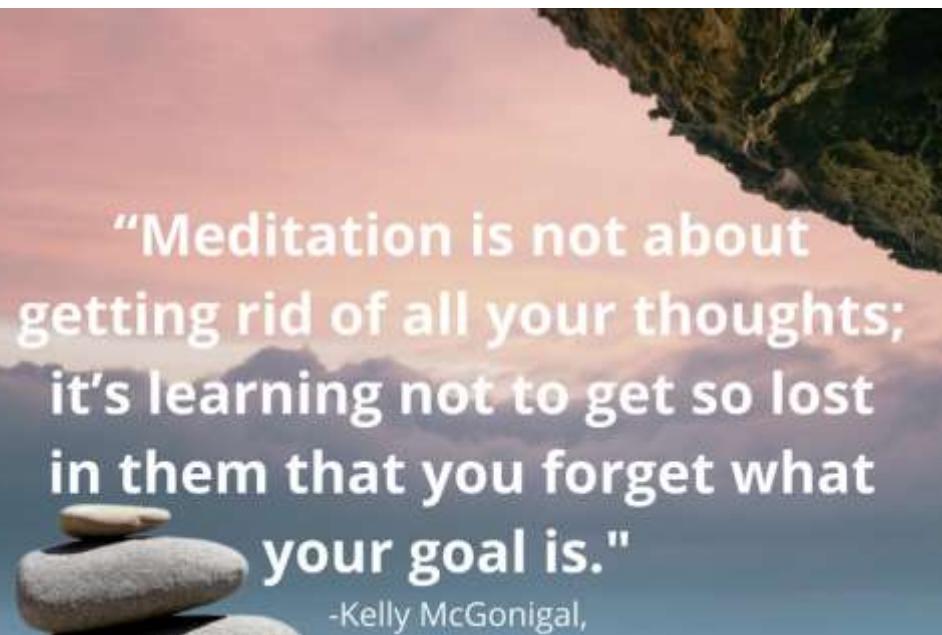
Amit Ray

- START WITH SMALL GOALS EACH DAY
- MINDFUL BREATHING
- A BRISK WALK OR STRETCH
- WATCH SOMETHING UPBEAT
- MEDITATION

Guided Meditation Links

- <https://www.helpguide.org/meditations/progressive-muscle-relaxation-meditation.htm>
- <https://www.helpguide.org/meditations/body-scan-meditation.htm>
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Meditation Apps



- **Deepak Chopra**
- **Calm**
- **10% Happier**
- **Insight Timer**
- **Mindfulness**
- **Unplug**
- **Headspace**
- **Relax Now (FREE)**
- **Pzizz (Sleep app)**
- **Aura**
- **Simple Habit**
- **Petit Bambou**

Therapy Apps

Talkspace

BetterHelp

Larkr

Regain

TeenCounseling

Remember to take care of you

NOTE TO SELF: REMEMBER TO BREATHE

*Take a breath, take a walk, hit the pause button,
whatever you need to reset.*

- Remember to set time for you each day on your calendar
- You can then take care of what's on your plate