

# SELF-CARE STRATEGIES

DURING COVID-19 & GOING FORWARD

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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

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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



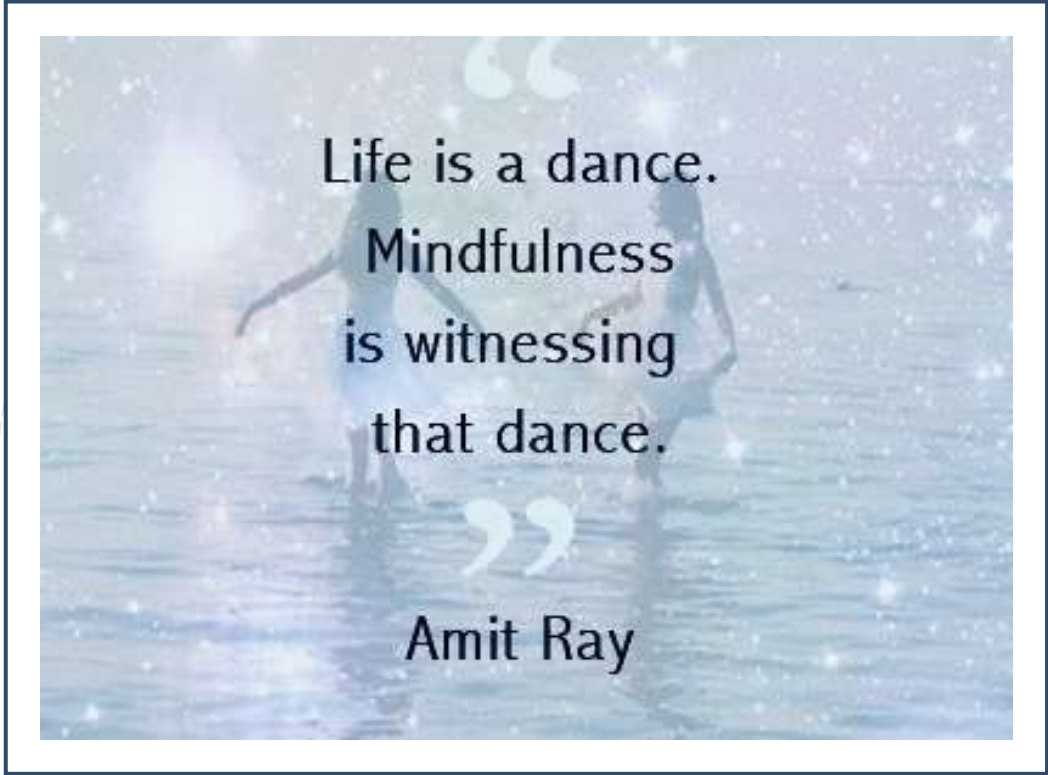
Relaxation Exercises or Meditation

BE  
INTENTIONAL

ADD TO YOUR  
CALENDAR

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

# IT TAKES PRACTICE TO CARE FOR YOURSELF

A rectangular box with a thin dark border containing a quote. The background of the box is a soft-focus image of two people dancing on a beach at night, with their reflections visible in the water. The text is centered and reads: "Life is a dance. Mindfulness is witnessing that dance." with large white quotation marks above and below the text.

Life is a dance.  
Mindfulness  
is witnessing  
that dance.

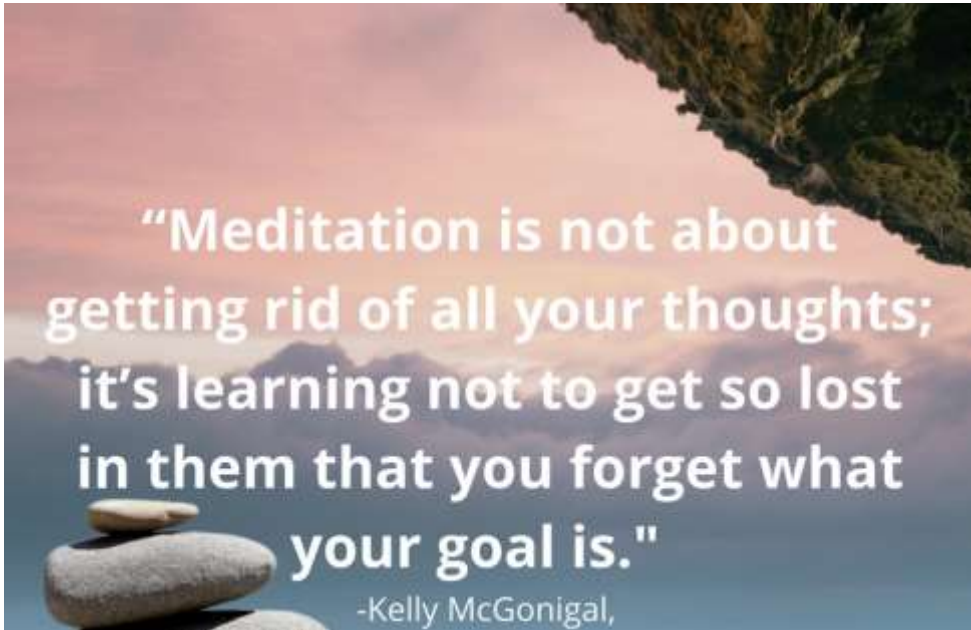
Amit Ray

- **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

<https://www.goodhousekeeping.com/health/wellness/g31916335/best-therapy-apps>

# 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