

S.P.E.C.I.A.L.™ Holistic Approach to COVID-19

Area of Wellness	Suggested Strategies... feel free to add your own
<p style="text-align: center;">Spiritual</p> <p style="text-align: center;"><i>Acknowledging and valuing the presence of a higher power that influences our life's purpose to create inner peace.</i></p>	<ul style="list-style-type: none"> • Reaffirm your spiritual beliefs • Stay connected to your faith community • Meditate • Pray • Read scripture • Forgiveness • Purpose
<p style="text-align: center;">Physical</p> <p style="text-align: center;"><i>Adhering to standards that promote appropriate diet, weight, exercise, and rest.</i></p>	<ul style="list-style-type: none"> • Sleep • Eat well balanced meals • Exercise like walking or dancing • Drink plenty of water • Limit Stress • Relaxing
<p style="text-align: center;">Emotional</p> <p style="text-align: center;"><i>Ability to understand and recognize, manage and understand personal emotions.</i></p>	<ul style="list-style-type: none"> • Recognize and manage your feelings and emotions • Journal • Positive self talk • Mindfulness • Saying "No" • BREATHE deeply from the diaphragm • Contact a therapist at CHD
<p style="text-align: center;">Economic</p> <p style="text-align: center;"><i>Developing an approach for economic stability resulting in the ability to adequately meet one's financial obligations.</i></p>	<ul style="list-style-type: none"> • Review your income and expenses • Make adjustments to start a budget • Start a savings account • Live within your means • Develop long and short term money goals • Manage credit card debt
<p style="text-align: center;">Cultural</p> <p style="text-align: center;"><i>Recognition and appreciation of your cultural and ethnic heritage as a positive influence on self concept.</i></p>	<ul style="list-style-type: none"> • Know your family ancestors • Study the history of your culture • Create a family legacy • Learn about another culture or ethnic group • You are not alone...We're all in this together!!! • Value diversity
<p style="text-align: center;">Intellectual</p> <p style="text-align: center;"><i>Promoting and participating in a personal philosophy of lifelong learning.</i></p>	<ul style="list-style-type: none"> • Reading • Be open to new ideas • Be creative • Seek out new challenges • Play "Jeopardy" • Play board games • Get the FACTS about COVID 19 • Be a critical thinker • Be aware of who you are and what you value
<p style="text-align: center;">Associations (Social)</p> <p style="text-align: center;"><i>Developing and maintaining a social support system that encourages and enhances the positive self.</i></p>	<ul style="list-style-type: none"> • Build relationships • Deal with conflict appropriately • Connect to a positive social network • Be assertive • Balance social and personal time • Create relationship boundaries that encourage communication, trust, and respect. • Enjoy life • Check on those who are isolated OR social distancing
<p style="text-align: center;">Love for Self and Others</p> <p style="text-align: center;"><i>Recognize and respect the value and interconnectedness of all</i></p>	<ul style="list-style-type: none"> • Prioritize your own self care • Recognize and validate your worth • Practice humility • Participate in service projects • Appreciate the gifts of others