Tips to Practice

Self-Care & Reduce Anxiety & Stress

AT HOME

Burn a Candle or Diffuse Essential Oils

Calming scents include: Lavender, Rose, Bergamot, Chamomile, Frankincense, Orange Blossom and Geranium.

Reduce Your Caffeine Intake

People's sensitivity to caf feine can vary, but generally, increased intake can cause anxiety.

Practice Gratitude

Each day take time to reflect and write down a few things you are grateful for.

Listen to Soothing Music

Slow-paced instrumental music can induce the relaxation response by helping lower blood pressure and heart rate.

Practice Deep Breathing

Deep breathing can help activate your parasympathetic nervous system, which controls the relaxation response.

Spend Time with Your Companion

Pets provide championship and can help to improve your mood.

Meditate and Practice Mindfulness

Free Mindfulness Apps: Headspace, Calm, Aura, Stop, Breath, Think, and Insight Timer.

Limit Time on Social Media and Watching The News

Schedule intentional breaks from social media and news outlets.

Exercise

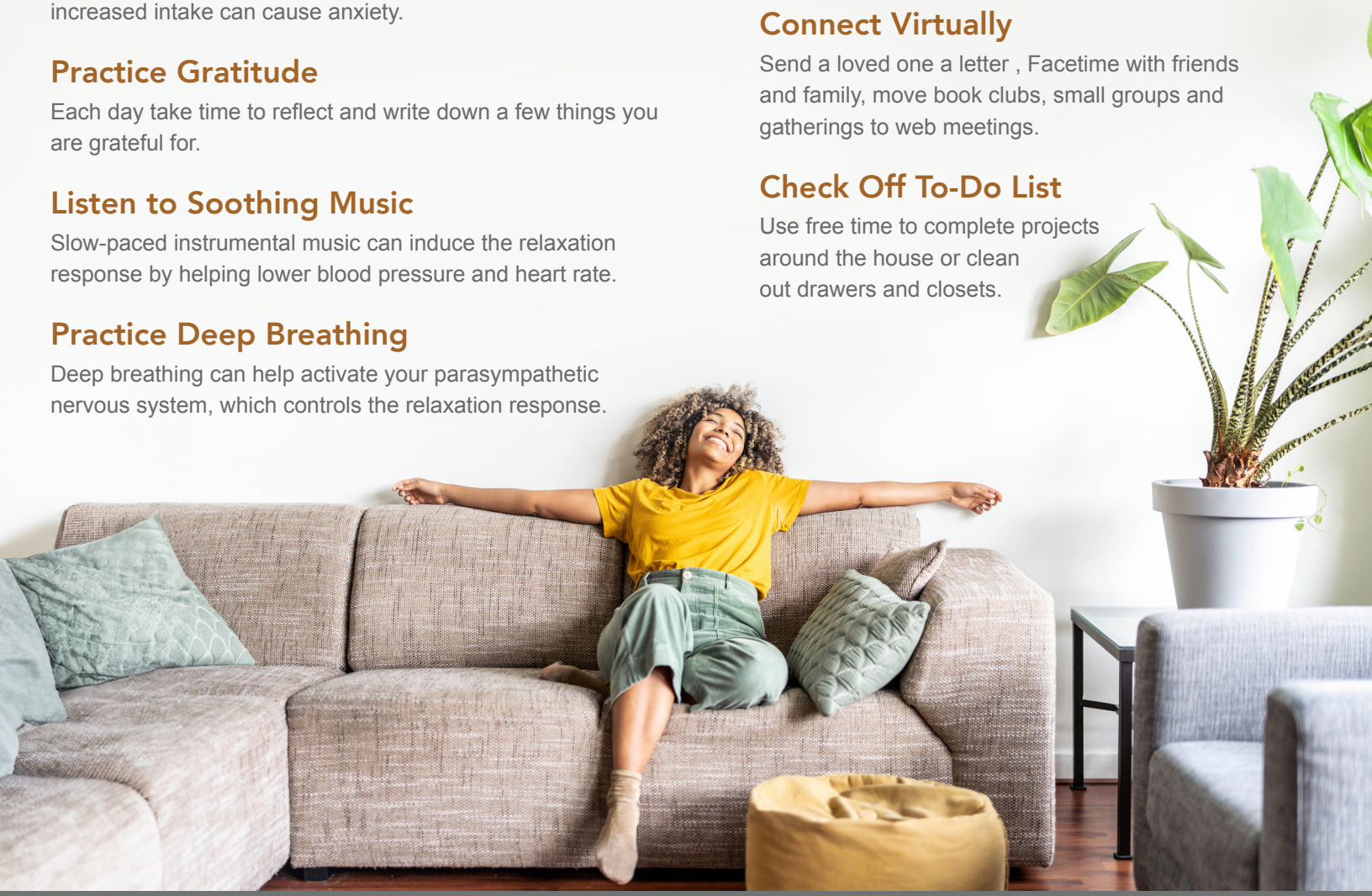
See the At Home Exercise Guide Linked on My Health Onsite Wellness E-Newsletter.

Connect Virtually

Send a loved one a letter , Facetime with friends and family, move book clubs, small groups and gatherings to web meetings.

Check Off To-Do List

Use free time to complete projects around the house or clean out drawers and closets.



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Sources: https://www.everydayhealth.com/wellness/top-self-care-tips-for-being-stuck-at-home-during-the-coronavirus-pandemic/

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