

## Tips on Self-Care

Self-care is an intentional activity that refuels you, not something that takes your energy away

- **Practice distraction** – change the focus of your attention by intentionally doing something different; re-arrange your closet or furniture, look through old photo albums, play video games or write letters to people you haven't seen for some time
- **Create comforting physical sensations** – take a hot bath or shower, hold ice in your hands, cuddle your pet, smell your favourite perfume or eat a favorite snack without overindulging
- **Nourish your brain** – learning and brain power can be significant distractions from stressors; read, play music, watch puzzles, take online courses or watch TED talks
- **Express gratitude** – take time to consider the things you are most grateful for, even writing them down in order to see on paper all that you have that makes you whole
- **Nurture your relationships** – stay in close connection with the people you care most for via email, text, DM, phone calls or video chat
- **Practice mindfulness** – use online tools to access videos or audio files that offer visualization, body scans or mindfulness meditation
- **Self-soothe** – visualize a favorite former memory or give yourself a soothing hug, use positive self-talk or use conscious breathing
- **Get outside** – keeping social distancing in mind, there is no reason not to get outside and take your dog for a walk or visit a nature trail that isn't crowded
- **Practice self-compassion** – be sure to speak to yourself in a calm, comforting manner, recognizing that feelings of anxiety, loneliness, sadness and many others are entirely acceptable considering the circumstances
- **Nourish your faith** – if spirituality is a part of your self-care practice, take some time to connect with your belief system and something larger than yourself to seek meaning amidst the turmoil
- **Exercise** – many videos of all kinds of at-home workouts and exercises are available for free online; take advantage of one of them to nurture your mind-body connection

Remember that these times are unprecedented. Connect, forgive and use your own and others' strengths.

For more information on how to stay mentally healthy during the pandemic, visit our website at [www.cmhanl.ca](http://www.cmhanl.ca)

Source: CMHA Manitoba and Winnipeg, Service Navigation Hub

