



Social distancing is hard. We were made to connect. To help with the rapid adjustment many have had to make to working from home, we have put together a tip sheet of practical things you can do to help reduce stress and promote mental health as you navigate the daily challenges presented by COVID-19.

### Personal Resources

**Organization & Routine**—Make a schedule and maintain a daily routine including getting dressed, eating regular meals, taking breaks, and time for recreation.

**Creativity & Flexibility**—Allow for creativity and flexibility in your daily routine.

**Compassion & Patience**—Have grace for yourself and others. We are all doing the best we can, and it's okay to not be as productive as normal during this time.

**Sense of humor**—Find things to laugh at, and share moments and joy and laughter with others.

**Helping Others**—Find ways to be kind to and help others.

**Stability**—Think about what is stable/what does stay the same.

**Mindfulness & Grounding**—Take time to meditate, pray, notice things around you (including objects you can experience with your five senses) that you are grateful for, take deep breaths.

### Self Care

**Take Breaks From Screens**—Schedule short breaks every hour or two, and longer breaks a few times per day.

**Stretch**—Get up and stretch at least every couple of hours.

**Change of Scenery**—Go outside, or go to a different room.

**Exercise**—Go for a walk, run, hike, or do a workout video at home.

**Nutrition**—Plan and eat balanced, healthy meals.

**Creative Outlets**—Find projects you can work on that bring you joy. Listen to music, play music, draw, paint, write.

**Relax**—Take a bath, watch a movie, read.

**Have Fun**—Play a game, do a puzzle.

**Connect**—Be intentional about reaching out to friends and family to talk via phone or FaceTime.

### Present Moment Focus

What can I do/control right now?  
Where do I need help at the moment?  
How can I help others at the moment?

### Process Feelings & Maintain Hope

Share your thoughts, feelings and experiences with a friend, loved one, or write in a journal. Notice things that are going well, and anything you are grateful for.