

Take Time for Self-Care



Keep to a Routine



SLEEP

A regular bed time and wake time that allows for 7 to 9 hours of sleep is optimal. Have a wind-down routine that includes limiting screen time and being in a dark, cool room.

EXERCISE

Incorporate physical activity into each day. Stand, rather than sit; take the stairs; stretch; garden; go for a walk. Remember that any movement is better than no movement.

NUTRITION

To balance mood and stabilize blood sugar, eat complex carbohydrates found in fruits, vegetables, whole grains, beans, nuts and seeds at regular intervals throughout the day.

Drink Water

Water consumption for hydration is vital! Daily goal for men: ~15.5 cups (3.7 liters). Daily goal for women: ~11.5 cups (2.7 liters).



Socialize

Reach out to friends, peers, older adults and family by phone, email, text, or social media platforms. Even brief virtual connections improve your mood and immune response.



Don't rely on alcohol as a stress reducer.

Listen to your Body

Know the signs of too much **STRESS**, and ask for help before you think you need it. **Watch out for:** muscle tension, headaches, upset stomach or difficulty sleeping. Be compassionate with yourself as well as with others.



Respect Your Emotions



Establish “no judgment” rules for yourself and your family as you experience a full range of human emotions: fear, anger, gratitude and grief.

References:

<https://www.mayoclinic.org/healthy-lifestyle/nutrition-and-healthy-eating/in-depth/water/art-20044256>
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