

WELLBEING TIPS DURING TIMES OF STRESS AND UNCERTAINTY

For service providers and frontline workers to use for themselves and the people they are working with.

1

INCREASE PREDICTABILITY

Do what you can to communicate with the people you are working with using as much clarity as you can about what things will look like moving forward—what operations will continue, be suspended, and how you might continue working together.

2

KEEP ANCHORS IN PLACE

Identify anchors—small daily/weekly routines that make you feel grounded each day (see: <http://bit.ly/5DWkeyaspects>). Which will be disrupted? What might help smooth things out? For example, if you usually take a yoga class, consider queuing up yoga videos on YouTube to keep that anchor constant so that they're ready to go if you need to quarantine.

3

IDENTIFY WHAT IS MOST IMPORTANT TO YOU

What things or people are most important to you? How might a piece of this continue moving forward in the case of quarantine? What needs to be put into place now to make that possible? If you're a service provider or frontline worker, hold space for the person you're working with to share what's important to them—it may be different than you think.

4

IDENTIFY WHAT HAS WORKED IN THE PAST

Many of us have been in situations that are unpredictable and changing. What worked in the past, even just a little bit? What strategies did you use to cope? Were there things you did that made things feel more manageable? What strategies can you use in this time of uncertainty?

Physical

- Sleep
- Exercise
- Seek medical & mental health care as needed
- Activities
- Environment

Psychological

- Self-reflection journaling
- Sensory engagement
- Seek mental health care as needed

Professional

- Take Time for Yourself
- Separate Work Time & Personal Time
- Support

Emotional

- Self-love & Self-compassion
- Emotional Expression
- Try Something New
- Don't rely too heavily on TV & technology

Self-Care in Self-Isolation

Personal

- Learn about Yourself
- Think about Your Future
- Connection

Spiritual

- Self-reflection
- Find Community
- Activities

4 Elements of Self-Care

- **PHYSICAL:** Keep your body active. Get plenty of rest and good nutrition.
- **PSYCHOLOGICAL:** Maintain a routine. Spend time outside. Actively process and manage your emotions. Journal. Practice gratitude.
- **COGNITIVE:** Keep your brain active with things other than work. Read for pleasure, complete puzzles or other brain exercises. Set limits on the amount of news and information you absorb. Do something creative.
- **SOCIAL:** Maintain your connections in creative and consistent ways.