8 Steps for Self Care During the Coronavirus Pandemic

RSM PSYCHOLOGY C·E·N·T·E·R LLC

SPORTS CONCUSSION CENTER at RSM Psychology Center, LLC OF NEW JERSEY™

In times of stress, it is essential that you take care of your
Physical, **Cognitive**, **Social** and **Emotional** needs.

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Keep Your Natural Immunity Strong

Avoid touching your face. Wash your hands often, for at least 20 seconds. Don't forget to soothe dryness with hand cream. Try a gentle hand massage to help reduce stress.

Maintain a daily routine. Keep a regular schedule for waking, grooming, meals, and bedtime. Don't forget to take prescribed medications at the right time.

Get plenty of sleep!
Your body needs sleep to restore, repair, and heal itself.

Maintain a healthy diet, with regular mealtimes. Take your vitamins. Drink plenty of fluids to stay hydrated.

Keep a Positive Attitude and Healthy Outlook

Whenever possible, go outdoors. Sunshine helps lift your mood and fresh air can be invigorating. Appreciate the wonders of nature around you while meditating or taking time to be spiritual.

Exercise stimulates endorphins or hormones that create feelings of well-being. Use your exercise equipment. Join an online yoga class, climb indoor stairs, or walk. Be sure your exercise is physician-approved.

Exercise your brain too! Stay cognitively stimulated with puzzles, games, word searches, and home based hobbies. Try an online course to expand your horizons.

Feeling sad, depressed, hopeless, nervous, or irritable? Fight isolation. Connect with friends and family by phone or online. Limit exposure to negative media news. Keep a journal to express your feelings.

If negative feelings interfere with your everyday functioning, contact a mental health professional who can help with online teletherapy.

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For more about COVID-19:
https://www.cdc.gov/coronavirus/2019-ncov/index.html