



## Tips for Remaining Strong

Emotions can be exhausting to the mind, body, and spirit. This is the time to especially look after yourself. Staying strong emotionally and spiritually, is important to staying strong physically. Spiritual strength can be found in gratitude, purpose, long term and short term hopes and goals, as well as religious beliefs and practices.

**Be wary of anything excessive** - exercise, watching the news, movies, shopping, work. The news is overwhelming right now. --

- ☐ Avoid binging on food or alcohol or misusing medications.
- ☐ Find constructive ways to express intense feelings before they become overwhelming.

### Plan Ahead

Don't get too busy. Being super active distracts you temporarily, but you may "crash" when things calm down.

### Give yourself permission to have your feelings

You *don't* need to be strong all the time. Tears can be a release. So can singing loudly or screaming when in your car - alone! Don't want to scare your ride!



### Be with Others—even if it's Virtual Presence

Do things that help you feel connected. Play games online with friends.

### Be Kind to Yourself

It's normal to feel scared, sad, angry, or lonely. Meanwhile...

- ☐ Eat well. Eating too many sweets or rich foods will make you feel even more tired and lower your resistance to bugs.
- ☐ Drink plenty of water.
- ☐ Get enough rest. Naps aren't just for kids.
- ☐ Take a long bath.

### Leave a light on when you go to work, maybe the radio, too.

Simple but makes a big difference to your mood when you come home after dark, especially if you live alone.

### Get in touch with Nature

- ☐ Open the blinds and open the windows; work in the garden.
- ☐ Get 20 minutes of sunlight and/or fresh air.
- ☐ Be active: take a walk, bike, hike, explore a park or the lake.

**Choose healthy outlets** that will help you escape your feelings for a *brief* period. Put on headphones and listen to music, watch a movie, read a book, dance to "Alexa" in your kitchen.

### Check out Positive Resources on-line

- \* [gratefulness.org](http://gratefulness.org)
- \* [spiritualityhealth.org](http://spiritualityhealth.org)
- \* [thebuddhistcentre.com/](http://thebuddhistcentre.com/)
- \* [online-muslim-therapy](http://online-muslim-therapy)
- \* [YOUTUBE relaxation videos](#)



**If technology is adding to the stress, Unplug—even for an hour!** You don't have to respond to every text, posting, or e-mail, at least not right away. Certainly not when driving! Prioritize!

**Check out APPS:** ex. [Insight Timer](#), [Calm](#), [Breathe](#)

**CALM is offering FREE meditation and music resources**

<https://www.calm.com/blog/take-a-deep-breath?>

**Find a new, or take up an old, hobby**

**Do things that Make you Laugh**

Watch funny cat videos on [Youtube](#); watch comedy re-runs.

**Savor the Moment**

Focus on the good stuff, moment by moment, breath by breath. Remember, even viruses are temporary.

**Practice Gratitude every day**

Make a list of 3 things: I am grateful for ...

And do this every night before going to sleep as you review your day. It can be simple things like "my morning Starbucks" or more profound like, "I am grateful for the love of..."