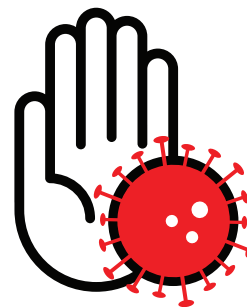




# SELF-CARE TIPS DURING COVID-19 SOCIAL DISTANCING



Pennsylvania Attorney General Josh Shapiro

## CONNECT.

This is a time to come together because we need each other now more than ever. Use this time to strengthen your connections with your loved ones and friends through video chats, text messages or phone calls.



## DEVELOP A ROUTINE.

Creating a routine can provide us with a sense of control, which becomes essential during times of uncertainty. Routines are different for everyone but planning meal times, a bedtime and time to be productive is a good place to start.



## FIND THINGS THAT BRING YOU JOY.

Continue to do things that make you happy at home. This can also be a great time to explore new pastimes. Read a new book, enroll in an online course, experiment with cooking or start a new series. Finally attempt an activity or



project you never previously had time to do. This will keep you busy while allowing you to learn or start something new.

## EAT WELL AND EXERCISE.

During these uncertain and stressful times, it might be challenging to eat or exercise as you normally would. Maintaining nutritious eating habits and continuing to exercise are essential to keeping your body happy and healthy. Some examples of appropriate exercise are yoga and running.



## PRACTICE MINDFULNESS.

Mindfulness based activities such as meditation can be beneficial. Try using apps to find meditations that work for you. You can also attempt journaling to put your thoughts and feelings on paper.

## LIMIT NEWS AND SOCIAL MEDIA.

There is a lot happening in the world and the constant reporting can create anxiety and stress. Limit the amount of news you consume and attempt to spend less time on social media.



## REACH OUT.

Recognize that this is a hard time and a lot of things are out of your control. Reach out to your loved ones if you feel lonely or need a little extra love.

## BE KIND TO YOURSELF.

It is important to be kind to yourself during this stressful time. Putting projects and goals on hold can be incredibly frustrating, but however you choose to spend this time is perfectly acceptable.

