

THE SELF-CARE HANDBOOK

Sarita's favorite self-care rituals

STRATEGIES FOR MENTAL HEALTH DURING CORONAVIRUS

MENTAL



Wake early for time to yourself, write using journal prompts, use Calm for meditation. Light a candle/diffuse oils. Stretch. Do 4x4 breaths or nostril breathing. Write 30 things you love about self.

PHYSICAL

Go for a walk outside. Sweat. Do a Yoga w/Adriene video. Have a dance party to your favorite music, do a Popsugar fitness class. Hit a pillow. Take a bath. Plant something in your garden. Bake bread.



SPIRITUAL



Have a cup of tea & listen to worship music. Pray the Lord's prayer. Do a vision board with God. One Min Pause App for surrender. Write out your prayers.

EMOTIONAL

Accept your emotions, offer grace to yourself, "You're going to be ok." Read a novel, write in your gratitude journal, find small moments to have joy in. Have a good cry then get up. Color in adult coloring book.



SOCIAL



Reach out to a friend to connect, do a random act of kindness for someone, Watch a fun TV show together on Zoom. Hug someone you love for 10 seconds.