

# SELF CARE WORKSHEET FOR COVID-19

Practice mental health self care during the COVID-19 Pandemic

## 1 ATTENTION DIET



Identify 2-3 reliable sources of information

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_



Designate a specific time of day to consume that information: \_\_\_\_\_ am/pm



Limit the duration you are consuming that information: \_\_\_\_\_ minutes



Number of times a week you will consume that information: \_\_\_\_\_ /week



Stick to a set schedule and don't overwhelm yourself by checking more than you have designated

## 2 DEALING WITH STRESS & ANXIETY

- Accept that some anxiety and fear is normal
- Find a balance and limit yourself from consuming news stories
- Talk about the stress and anxiety to a close family or friend
  - what do you think the cause is?
  - how does it make you feel (physical & emotionally)?
  - why do you think it makes you feel that way?
  - what can you do to prevent or mitigate it next time?
- Seek support from a family, friend or professional
- Challenge worries and anxious thoughts. Working through them can help you understand that most of them are unrealistic.

## 3 PRACTICE SELF CARE

Circle the self care activity that you would be most likely to enjoy doing. Fill in your own self care activities in the empty spaces below:



Connect Digitally



Listen to Music



Arts & Crafts



Have a Daily Routine



Learn Something New



Stay Active



Watch a Movie



Take an Online Course



Meditation / Breathing Exercise



Send a Letter or Message to Someone You Can't Be With



Read a Book



Baking



Play Board Games



Proper Rest & Sleep



List 10 Things You Are Grateful For in Life



Write a Journal Entry



Painting



Eat Healthy



Avoid Substance Abuse



Do 3 Acts of Kindness

## 4 WORKING FROM HOME



Have a separate work space from your personal space



Check in with your colleagues regularly (video calls, emails and chat)



Set a scheduled time for doing your work and maintain that daily routine



Take necessary breaks and get up from your work space



Set clear expectations of tasks that need to be completed each day



Do not use extra time to work, keep your personal time for unwinding