

TAKE CARE OF YOURSELF

**SOCIAL
DISTANCING
SELF-CARE
TIPS**



FIND NEW WAYS TO CONNECT

Social distancing is necessary to slow the spread of COVID-19, but you can still stay in touch with loved ones virtually! Call, text, FaceTime, Skype, and reach out when you need to connect.



KEEP YOUR DAILY ROUTINE

You might need to make some adjustments, but find something that works and try to stick to it. Keep your same wake-up and bed times, brew your favorite drink in the morning, take a soothing shower, do an at-home workout, and read a chapter in your favorite book at night—or whatever works best for you!



FOCUS ON WHAT YOU CAN CONTROL

You have power over your own self-care, through getting rest, eating nutritious foods, staying hydrated, moving your body, washing your hands thoroughly and often, and/or practicing social distancing. And for the things you don't have control over? Work on learning to accept the unknown and uneasy feelings.



BE GENTLE WITH YOURSELF

When the world is being hard on us, it's easier to be hard on ourselves. Instead of beating yourself up for not being as productive as you normally might be, practice compassion and give yourself a break. You're doing the best you can. Try to say simple, warm things to yourself every day.



CUT BACK ON YOUR MEDIA EXPOSURE

While most of us want to stay informed, the constant talk about the virus in the news and on social media can be overwhelming and can feed into our fear and anxiety. Set some parameters around how much news you consume.

Mental health crisis support is available 24/7 at 1.888.NYC.WELL, and you can call Henry Street at 212.766.9200, email info@henrystreet.org, and check henrystreet.org for program updates.



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