



## 10 Ways to Care for Yourself During the Coronavirus

In the wake of the coronavirus pandemic and our need to hunker down I felt inspired to come up with a list of simple ways to take care of yourself during this challenging time.

1. **Reframe your viewpoint on the situation.** Our lives have been shaken up and we are all feeling the impact to our everyday lives. We can choose to complain and be in fear or we can choose to reframe the situation. In other words, how can you look at this situation differently and more positively? Look for the silver lining. Can you find anything positive? Reframing is stepping back from the situation and allowing yourself to see it in a new way, “turning lemons into lemonade.”
2. **Stay connected with family and friends through social media and phone calls.** When was the last time you picked up the phone and actually spoke with someone? Remember the days of leisurely chatting with a good friend. Make a list of people you want to connect with and call or contact one person per day. I bet they will be happy to hear from you. With social distancing as part of our lives a phone call can be a virtual hug.
3. **Start or enhance your mindfulness practice.** Whether you read a daily devotional, pray or meditate, this may be the time to lengthen the time you spend in mindfulness. Or explore new routines or download an APP. If anything, find time to simply sit quietly and be still. This will greatly help in reducing worry, fear or anxiety.
4. **Listen to music.** Music can lift your spirits. Crank up the radio or ask Alexa to play your favorite tunes from the present or past. One of the songs I’ve been listening to lately is Bob Marley’s “Every little thing is gonna be alright.” It always brings a smile to my face and I feel like dancing.
5. **Catch up on reading.** I bet you have a stack of books on your nightstand or home office. There never seems to be enough time to read professional books or novels. Give yourself permission to curl up with a good book or download an audiobook on your cellphone or tablet. Either method will transport you into a new reality.
6. **Exercise.** With many local gyms closed you can still find ways to keep active. Take a walk, jog or go for a run. Get some fresh air. Check out YouTube’s endless workout option that you can do from your own home. Go back to basics with pushups, crunches, yoga, stretching, and calisthenics. Keep your body moving.
7. **Do some spring cleaning.** When I was a child our family spent at least one weekend each spring washing the windows, bringing out the warm weather clothes, doing yardwork and cleaning the outdoor furniture. This is a good time to declutter. Cleaning and organizing can be therapeutic as it helps to bring order to areas that seem out of control.
8. **Laugh.** There is nothing like a good belly laugh. Laughing is good for your soul and can boost your immune system. Watch funny movies or old sitcoms. Call up a friend or family member who always make you laugh.
9. **Help someone in need.** There is no shortage of people who could use some help during this pandemic. Check on your elderly neighbors. Offer to pick up groceries or supplies. Volunteer to babysit children whose parents need to work. Donate to a food bank. Regardless of what you do you will feel uplifted when helping others.
10. **Ask for help or support.** If you are struggling with processing the current situation lean on family and friends or call your employer’s Employee Assistance Program (EAP), which is most likely available 24/7. Or feel free to call or email me. I’ll be home and would love to hear from you. As a certified ICF coach I’ve been trained to actively listen and to help you navigate your feelings and emotions and help you develop a plan towards moving forward.

Hang in there. This too shall pass. Stay calm and be kind.