

SELF-CARE DURING COVID- 19

SCHOOL MENTAL HEALTH CONSULTANT PROGRAM



LET'S TAKE A BREATH

Take a deep breath and be calm.



Smell the flower



Blow out the candle

STRESS AND IMPACT ON HEALTH

Stress can impact our physical health in many different ways.

Common ways include :

- Sleep disturbance
- Appetite changes
- Headaches and body aches
- Chronic stress is correlated with major health conditions

STRESS AND IMPACT ON HEALTH

Stress can impact our mental health in many different ways as well.

Including :

- Anxiety
- Depression
- Substance Use
- Irritability
- Tearfulness

PROGRESSIVE MUSCLE RELAXATION

RELAXATION ROUTINE

1. SIT
ON A CHAIR...



2. "SCRUNCH"
UP YOUR
FACE...



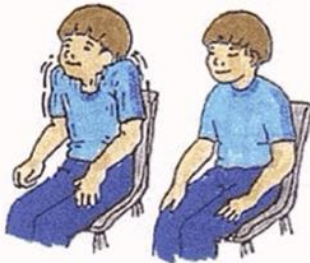
THEN...
RELAX
IT...

3. TENSE
YOUR
ARMS...



THEN...
RELAX
THEM

4. TENSE UP YOUR
SHOULDERS
AND CHEST...



THEN...
RELAX
THEM

5. TENSE UP
YOUR LEGS...



...THEN RELAX!

6. BREATHE
IN
RELAXATION...



...BREATHE OUT
TENSION

TIPS FROM THE CDC

- Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
- Take care of your body. Take deep breaths, stretch, or meditate. Try to eat healthy, well-balanced, meals, exercise regularly, get plenty of sleep and avoid alcohol and drugs.
- Make time to unwind. Try to do some other activities you enjoy.
- Connect with others. Talk with people you trust about your concerns and how you are feeling.

SQUARE BREATHING

inhale 2... 3... 4

rest 2... 3... 4

breathe



hold 2... 3... 4

exhale 2... 3... 4

DIFFERENT SELF-CARE ACTIVITIES

Physical

- Eat regular and healthy meals
- Exercise (many gyms have moved to virtual mediums)
- Sleep hygiene

Mental

- Meditate
- Read a good book
- Technology breaks

Emotional

- Find things that make you laugh
- Stay in contact with people you care about
- Identify and seek out comforting activities



DIFFERENT SELF CARE ACTIVITIES

Spiritual

- Make time for reflection
- Reflect, pray and practice your religion (many religious communities have moved their services online)

Relational

- Call and check in on loved ones
- Make time for personal correspondence
- Ask for help when you need it

Workplace

- Arrange workplace to be comfortable
- Take regular breaks during the day
- Balance your load so nothing is “too much”



RESOURCES

Need to talk?

NEW YORK STATE

COVID-19 EMOTIONAL SUPPORT HELPLINE:

1-844-863-9314

8 AM - 10 PM, 7 days a week



Call **1-888-NYC-Well**
Text **WELL** to **65173**
Chat **nyc.gov/nycwell**

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here for New Yorkers.

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QUESTIONS?

