

**Effects of this Pandemic and SIP**

Physical	Emotional	Mental	Social	Spiritual

Examples of Some Common Grief Reactions

<i>Physical</i>	<i>Emotional</i>	<i>Mental</i>	<i>Social</i>	<i>Spiritual</i>
Aches, pains	Feeling numb	Disbelief	Withdrawn	Fears
Eating disturbances	Mood shifts	confusion	Awkward	Hopelessness
Sleep disturbances	Emptiness, lonely	Disorientation	Inappropriate	Lack of trust
Fatigue, exhaustion	Anxiety, worries	Poor concentration	Isolation	Powerlessness
Shortness of breath	Anger, rage	Distractibility	Hiding feelings	Self-identity
Throat tightness	Guilt, regret	Low motivation	Caring for others	Questioning beliefs
Hollow feeling	Suicidal feelings	Preoccupation	Feeling different	Searching
Irritability	Longing/yearning	Recurring thoughts	Redefining self	Connect differently
Restlessness	Helpless, Out of Control	Confronted by mortality	Fear of disappointing friends	Will I see them again

If you complete the table above, you will learn how you might be affected since the pandemic. This information is helpful as it will inform you which type of self-care could help off-set the reactions to gain equilibrium and feel balanced. For example, if you find that you are irritable, empty, and yearn for life as it used to be and frustrated because you don’t know what other changes will take place, it makes sense to do something that would help support yourself emotionally.

The pages below have been compiled to provide samples of self-care for each category. Most of the items are quick and easy for busy lifestyles. People often find that spending more time on something reaps long term gains. Enjoy!

## Physical

- **Deskercize!** 33 Smart Ways to Exercise at while at a desk  
<https://greatist.com/fitness/deskercise-33-ways-exercises-work>
- **Desk stretches**  
<https://www.webmd.com/fitness.../stretching-exercises-at-your-desk-12-simple-tips>
- **Scientific 7-minute workout** (Free app available)  
<https://well.blogs.nytimes.com/2013/05/09/the-scientific-7-minute-workout/>
- **Advanced Scientific 7-minute workout** (Free app available)  
<https://well.blogs.nytimes.com/2014/10/24/the-advanced-7-minute-workout/>
- Take a **quick walk\*\*\*** to help your day: Walk around a block or two just to get moving.
- The following exercises help **improve circulation** throughout the day.
  - Rolling a tennis ball under your feet to loosen your hamstrings and alleviate foot pain
  - Lunges to stretch your thigh and hamstring muscles, and
  - Rotating your ankles clockwise and counterclockwise to loosen the muscles and tendons in the leg and the joint around the foot.  
<https://wiiivv.com/blogs/keep-going/feet-hurt-after-standing-eight-hours-a-day>
- **Soak your feet** after a long day in **warm water** with Epsom salts and aromatic oils if desired. Soak your feet for 10-15 minutes.  
If **cold water** is preferred, add ice and tea-tree oil. Submerge each foot for 30 seconds. Towel-dry each foot quickly and thoroughly, rubbing between toes and along foot pads to increase circulation.
- **Foot Massage:** Rub peppermint extract, pine or tea-tree oil, camphor or rosemary into palms and along fingers and fingertips. Press firmly into the sole of your foot with both thumbs, and slowly and deeply stroke the foot. Wring the foot with both hands, moving your grip back and forth, side-to-side as you move across the foot's midsection.  
<https://www.leaf.tv/articles/how-to-relax-your-tired-and-aching-feet-after-a-long-day/>
- Remember to **eat healthy, rest, relax and get good sleep.\*\*\***
- **Skip, Jump, Hop, and Get Silly.** Basically, if it makes you feel like a kid and a little silly, it can be a mood booster. Play in any form can cause a cascade of positive neurochemicals like serotonin, oxytocin, and dopamine, according to Loretta Graziano Breuning, PhD, author of *Habits of a Happy Brain*, who is based in Oakland, California. Even just a minute of child-like activity can cause a good-chemicals surge, especially if you're feeling stressed.
- Reach for high-protein snacks when you need an energy boost. Protein helps you feel full longer (boiled eggs, nuts, Greek yogurt, nut butters, veggies)
- Keep stress-busting foods on hand: Yes, you read that correctly. Certain foods can actually have a stress-lowering effect. Warm foods like soup or tea are soothing, and the omega-3s in fatty fish may improve mood. Avocados are packed with vitamins C and B6, which are known to help reduce stress. Dark chocolate is antioxidant-rich, which is great for thwarting stress. Other foods that can help include whole-grain carbohydrates, bananas, oranges, water, and leafy greens  
<https://www.everydayhealth.com/wellness/top-self-care-tips-for-being-stuck-at-home-during-the-coronavirus-pandemic/>
- Help your children cope during sip [https://newsnetwork.mayoclinic.org/discussion/kids-coping-with-the-covid-19-pandemic/?\\_ga=2.239641219.1607805011.1594872276-229957585.1594872276](https://newsnetwork.mayoclinic.org/discussion/kids-coping-with-the-covid-19-pandemic/?_ga=2.239641219.1607805011.1594872276-229957585.1594872276)

## Emotional

- Spend time with **pets**
- **Gratitude.** Identify one thing you are grateful for or one thing of beauty in your life to help lift you up and offset any intense emotions from the day  
<https://advice.shinetext.com/articles/gratitude-is-self-care-gold-heres-how-to-actually-make-it-a-habit/>
- Do one thing with intention that brings you **self-comfort** (bubble bath, warm tea, slow down and just be for at least 5 minutes)
- Learn how to live with intention  
<https://www.thriveglobal.com/stories/11379-7-keys-to-living-with-intention-meaning-and-purpose>
- Identify your most present emotion. Select a song that seems to evoke a similar feeling. **Dance or move** to the music selected.
- **Response Art** – Take a minute to be silent and be with the felt sense of your day. Then take any medium you have, i.e. paper, clay, paper towels, tissues, etc., and create something, without judgment and thought, just place your feelings of the day into that creation so you do not have to carry it around with you. Title your piece if you feel so inclined. Response Art can also be a way of separating work from home. Working remotely work often seeps into home life so this can be a way to separate work and home.
- **Unplug.** Turn off your work phone when you are not working, if possible.
- **Separate work from home life.**  
According to Oprah Winfrey, do not allow them to infiltrate other spaces (don't make work homey and don't bring work into home life) - This of course was written prior to sip. If possible, prepare a place for work in your home that can be closed on when you are not working.  
<http://www.oprah.com/health/work-life-balance-building-boundaries-between-your-job-and-your-home/all>
- **Take a walk** along the beach, next to a body of water, or in your neighborhood\*\*\* – this can be helpful for physical, emotional, mental, social and spiritual aspects.
- **Online yoga.**  
<https://www.youtube.com/user/yogawithadriene/videos>
- Dr. Wheeler of Harvard Medical School finds it helps to **set SMART goals:** Specific, Measurable, Achievable, Relevant, Timed. These are by definition small steps that are easy to achieve, and thus fuel motivation.
- **Eat healthy** food\*\*\* this can be helpful for physical, emotional, mental, social and spiritual aspects.
- **Drink plenty of water**\*\*\*this can be helpful for physical, emotional, mental, social and spiritual aspects.
- **Prioritize sleep**\*\*\*Getting 8 hours of sleep nightly
  - Eating healthy, drinking plenty of water and getting enough sleep helps mitigate the effects of stress and anxiety. <https://www.health.harvard.edu/blog/6-self-care-steps-for-a-pandemic-always-important-now-essential-2020041619563>

## Mental

- **Breath techniques:**  
<https://www.drweil.com/health-wellness/body-mind-spirit/stress-anxiety/breathing-three-exercises/>  
<https://www.drweil.com/videos-features/videos/breathing-exercises-4-7-8-breath/>
- **Insight Timer.** Helps to relax the mind by providing meditations, and courses on mindfulness, anxiety, depression, etc. **Free App Available.** <https://insighttimer.com/>
- **Mandalas** (either create or color in a mandala) – Helps with anxiety and stress. Copy a mandala by going to <https://www.supercoloring.com/arts-culture/> Alternatively, you can make a circle on a piece of paper (trace around a plate) and then create your own mandala.
- **Reframe any negative self-talk** and replace it with something more positive.  
<https://www.usc.edu.au/media/3850/Reframingyourthinking.pdf>  
<https://www.youtube.com/watch?v=7dI5Uq-HIaI>
- A major aspect of self-care is the "self" part, and that includes how you view yourself and, importantly, the language you use when talking to yourself, says Jen Sincero, a Santa Fe, New Mexico–based life coach and the author of *You Are a Badass: How to Stop Doubting Your Greatness and Start Living an Awesome Life*. Appreciate the small tasks you do during the day and remember to tell yourself “good job” — whether it is a work task, making time for exercise, or keeping your patience when disciplining your child. Celebrate your daily successes with positive self-talk. It might feel weird at first, but your brain will soak up that self-care goodness, and research suggests it can help begin to turn your thoughts and feelings in a happier direction (according to a paper on the topic published in the *Journal of Personality and Social Psychology*).  
<https://content.apa.org/record/2014-02577-006>
- **Transform** any **judgement** you might have **into awareness** instead.
- **Accept yourself** as good enough in this day. We are all human.
- Play a **musical instrument** or **create a song** about your day
- **Garden**
- **Take a walk** along the beach, next to a body of water, or in your neighborhood\*\*\* – this can be helpful for physical, emotional, mental, social and spiritual aspects
- **Writing or journaling.** See website below for writing prompts for self-care  
<https://advice.shinetext.com/articles/32-journal-prompts-for-self-reflection-and-self-care/>
- Write in a journal about your experiences during this time of social distancing. Not only will this help you sort out what you are thinking and feeling, but also it can be shared going forward as a way for future generations to connect with the past.
- **Offset every single negative with three positives.** Shine believes the ratio is 5 to 1.  
<https://advice.shinetext.com/articles/challenge-your-negative-thinking-with-the-5-1-ratio/>
- **Focus on things you can control.**
- Consume **reliable news** sources that report facts AND **avoid media that sensationalizes emotions.**
- Limit your exposure or **take a break from news and social media** if you find that it makes you anxious.
- **Learn** something new

## Social

- **Connect with others** also looking for self-care. The following is a link through The National Association of Social Workers in Michigan that provided a lunchtime self-care. NASW-Michigan invites you to relax with their bi-monthly self-care series happening the 2nd and 4th Wednesday of each month, starting June 10, from 12-12:30pm. EDST (That would be 9 am California time) <https://www.nasw-michigan.org/news/510254/Self-Care - Lunchtime-Series-Starting-June-10th.htm>
- Zoom **coffee** with friends – if you plan a regular time to meet it can create anticipation.
- Sign up with a friend for an **online activity**; it's the next best thing to being in the same room
- Look for ways to help others: Offer a senior neighbor to pick something for them up at the store when you are heading there anyway
- **Random acts of kindness** - do something for a stranger or someone you love
- Acknowledge and **appreciate** what others are doing to help you and your community
- Spend quality time with the people you live with, such as playing board games or completing an indoor project.
- Make a family meal or dessert recipe that reminds you of friends or family you are unable to visit, and then call them to tell them about it. This way, you get an experience of internal and external connection.
- Internal strategies for maintain connection can create a sense of shared meaning that connects us to our community through our experiences and shared community values.

Some ways to create shared meaning include:

- Recognize we do not live in isolation. Our interconnectedness and choices affect others in our community, which affects people in neighboring communities, regions
  - Identify friends and loved ones in your life who you are protecting by using a social distancing strategy
  - Recognize how you are protecting others by protecting people close to you
  - Think about what personal and community protection means to you. How does this feel? What value does this represent?
  - Spend time sensing and feeling the importance of living your community values in your mind and body
  - Inspire, encourage, and recognize others for following protective strategies at work, at home, and through electronic means, such as calls, video conferences and social media
  - Recognize that when we act together to maintain safe distance during this pandemic, we are connecting and bonding. We are acting out the best parts of humanity. <https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/maintaining-human-connection-in-time-of-social-distancing>
- Plan a **virtual dinner party** with a group of your friends.
  - Dr. Crocker of Harvard has a great suggestion that can be a win-win for working parents and their relatives. “With school out, if you have kids and any extended family, invite the relative (grandparent, aunt, uncle) to teach an online lesson once a week on the same topic or a rotating topic. Allow that special bonding time between your child and their relative to unburden your time.”

## Spiritual

- **Yoga**, meditation, prayer. (Also see Insight Timer in Mental care for meditation)  
<https://insighttimer.com/>
- Take time to **quiet yourself**
- **Calm your mind**
- **Contemplate** how we are all in this together
- **Live with intent.** Recognize how temporary our perceived permanence is and live every minute fully, as every second matters.
- From challenges in life, there exists the potential for **self-growth**. After a hard day, ponder how you can grow and improve from this pandemic. What can you learn from this about yourself? about your relationship?
- Walk a **labyrinth** (if they are open)  
<https://labyrinthlocator.com/locate-a-labyrinth>
- Lean on **faith and personal beliefs** for support
- Spend time in **nature**
- Practice **non-judgment**.
- **Read** an uplifting book
- **Declutter** your home
- **Unplug** from technology
- **Practice forgiveness**
- **Practice self-compassion**