

Self-Care in the Time of COVID

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Prioritizing your own wellbeing benefits the whole family



**Make time for
yourself**



**Prioritize
healthy choices**



Be realistic



Set boundaries



**Reconnect with
things you enjoy**

Managing Anxiety



Focus on what you can control



Maintain social connections



Take breaks when you need them



Ask for help when you need it

Mindfulness or Meditation

1

Be in the
Here and
Now

2

Don't Make
it
Complicated

3

Accept
Uncertainty

The Roller Coaster

- You may have symptoms or be directly exposed to someone with COVID
 - You get a COVID test
 - You wait for results
 - You test positive or negative
-
- This might happen more than once this semester.
 - How do we take care of ourselves?



Resources

- [Very Well Mind](#)
- [The Child Mind Institute](#)
- [The CDC](#)
- [Self-Care for the New Year, Deborah Cohan, Inside Higher Ed](#)