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

Child Mind Institute
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](#)