

Self-Care Options:

- Process Thoughts/feelings
- Journal
- Positive thoughts
- Play board games/cards/tic tac toe
- Watch Movies (in moderation)
- Meditation
- Time-limit on social media
- Taking Walks
- Hybrid Coffee/tea with friends (Zoom/FaceTime/Google Hangout/Instagram/Facebook)
- Read
- Write: Goals/Plans/Dreams
- Color
- Read the news, don't watch it
- Exercise: YouTube at least (30 mins)
- Nap
- Showers/baths
- Use a diffusers: diffuse oils/grapefruit/joy/clarity/lemon/sage
- Watch Comedy
- Create groups of friends (support system) *encourage one another via messages

