



Self-Care Tips

**A compilation of ways to manage stress
& understanding your needs**

Presented by:



Understanding our needs:

Self-Care Doesn't Have to Be Selfish - expert in positive psychology has a few simple ideas for sustaining mental well-being as Covid-19 continues.

<https://www.nytimes.com/2020/10/07/health/laurie-santos-covid-happiness.html>

Anxiety Affects Everyone – Anxiety for caregivers

<https://www.careforcaregivers.ca/campaigns/covid-19-anxiety-for-caregivers/>

WHO – Coping with Stress during the Covid outbreak

https://www.who.int/docs/default-source/coronaviruse/coping-with-stress.pdf?sfvrsn=9845bc3a_2

Managing COVID-19 Stress, Anxiety and Depression

https://www2.gov.bc.ca/assets/gov/health-safety/covid19_stressmanagement_5_accessible.pdf

What can help COVID-19 - Frontliners who are exhausted and overwhelmed?

<https://www.nicabm.com/what-can-help-covid-19-frontliners/>

Recovering From Burnout

https://www.mindtools.com/pages/article/recovering-from-burnout.htm?utm_source=cons_nl&utm_medium=email&utm_campaign=1dec2020&utm_content=burnout_cta3

Self-management in the moment: Quick tips to support yourself during the COVID-19 pandemic

<http://www.camh.ca/-/media/images/all-other-images/covid-19-professionals/tidesinfosheetsselfmanagement-pdf.pdf?la=en&hash=12B507DB7D77AAEBA172F2AB9883A94B5853C1CE4>

Accessing your needs:

Mental Health Commission of Canada - Self-Care and Resilience Guide

https://theworkingmind.ca/sites/default/files/twm_self-care-resilience-guide.pdf

Wheel of Life - consider each area of your life in turn and assess what's off balance

https://www.mindtools.com/pages/article/newHTE_93.htm?utm_source=cons_nl&utm_medium=email&utm_campaign=1dec2020&utm_content=wheel_life_cta1

Meditation and exercises for everyone:

Local yoga teacher gives a session on mindfulness, being present and relaxation (21:58 min)

https://www.youtube.com/watch?v=umgbriwrf_Y

Local meditation teacher guides a 1- minute meditation for better sleep (1:26 min)

https://www.youtube.com/watch?v=CUS_CHfRDUE&feature=emb_logo

5 minutes desk work out

https://www.youtube.com/watch?v=E9f89q7qR_Q&feature=youtu.be

Soothing yoga stretch (60 min)

<https://www.youtube.com/watch?v=5Qq8feKspQg>

Wake up with yoga to energize your day (10 min)

<https://www.youtube.com/watch?v=Q14gzyF4l0Q>

Free yoga intro class - live

<https://www.eventbrite.com/e/free-yoga-intro-class-registration-110334425236>

Stay healthy:

49 Healthy soups to help you get through the winter

<https://www.delish.com/cooking/nutrition/g660/healthy-soups-myplate/>

60 Healthy breakfast ideas

<https://www.loveandlemons.com/healthy-breakfast-ideas/>

90 Healthy lunch ideas

<https://www.jamieoliver.com/recipes/category/course/healthy-lunch-ideas/>

Budget vegan recipes

<https://www.bbcgoodfood.com/recipes/collection/budget-vegan-recipes>

Travel the world without leaving home:

London - British Museum Virtual Tour

<https://britishmuseum.withgoogle.com/>

São Paulo – MASP Virtual Tour

<https://artsandculture.google.com/partner/masp?hl=en>

Museums around the world offering virtual tours

<https://www.businessstraveller.com/business-travel/2020/04/02/these-museums-are-offering-free-virtual-tours/>

Explore Washington, D.C. From Home With This Free, Smithsonian Scholar-Led Tour

<https://www.smithsonianmag.com/smart-news/tour-washington-dc-home-great-tours-now-free-all-180974706/>



REMAIN RESILIENT BY TAKING GOOD CARE OF YOURSELF

*We are in this
together!*

Thank you for all the hard work!



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