

## 11 Self-Care Tips To Help You Thrive This Pandemic

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Watch the video "My Mental Health Story + 11 Self-Care Tips to Help You & I Thrive this Pandemic" on YouTube or Instagram's IGTV!

- 1) Acknowledge & experience your emotions.
  - This is a challenging time for all of us. It's normal to experience different emotions.
- 2) Sleep well.
  - Sleeping well boosts your immune system and prevents you from getting sick!
- 3) Set a wake-up time.
  - Have a productive start to your day.
- 4) Open the blinds, curtains and windows.
  - Get some vitamin D.
  - Get some fresh air.
- 5) Make a wholesome breakfast.
  - Good nutrition is important for a strong body.
- 6) Drink a hot beverage.
  - Don't rush. Sip your drink and take things slow.
- 7) Flexible daily agenda.
  - Watch "8 Self-Care Tips To Build A Flexible Daily Action Plan This COVID-19 Pandemic."
- 8) Wholesome lunch + dinner and eating mindfully.
  - Eat mindfully.
  - Awareness of emotional eating.
- 9) Self-care.
  - Personal hygiene, laundry and make bed.
  - Pamper yourself a little!
- 10) Gratitude Journal or Jar.
  - What are you thankful for?
- 11) Listen to news updates but do not watch news the entire day.
  - Don't expose yourself to unnecessary stress.
  - Read the news mindfully & critically. There's a lot of misinformation on social media.