MORRIS HOSPITAL
& HEALTHCARE CENTERS

Make Sure You are Taking Care of Yourself!

Advice from our Morris Hospital Social Workers:

Self-care isn't a one-size-fits-all strategy. Your self-care plan will need to be customized to fit your needs.
The areas of your life that include self-care are:

- **Physical self-care**, which means getting enough sleep, healthy eating to fuel your body, sticking to a routine and getting enough exercise.
- **Social self-care**, which is challenging during social distancing, so we need to be creative. Call and check in family members, Facetime or Skype if you can, and share your feelings through these tough times.
- **Mental self-care** includes limiting your exposure to the media and the internet, and fill your mind with positive thoughts instead.
- **Spiritual self-care** involves nurturing your spirit through religion or other ways including meditation, writing a gratitude list and mindful breathing.
- **Emotional self-care** includes healthy coping skills with activities where you acknowledge and express your feelings on a regular basis. Check out **www.verywellmind.com/sefl-care-stretegies-overall-stress-reduction** for more information.

ADDITIONAL RESOURCES

Other resources include some Self Help apps with self-care tools: Headspace, Calm, Pacifica, Relax Melodies Sleep Sounds, Breathing Zone, and Happify are just a few.

The website **www.samhsa.gov** as a great source for articles, including "How To Cope with Sheltering in Place", "Coping with Stress During Infectious Disease Outbreaks", "Taking Care of Your Behavioral Health: Tips for Social Distancing, Quarantine, and Isolation during an Infectious Disease Outbreak".

SPREAD KINDNESS, NOT GERMS

In addition, think about how you can "Spread Kindness, Not Germs":

- Offer to help someone
- Give someone the gift of listening
- Surprise your co-workers with something (coffee, snack)
- Send someone a card
- DONATE BLOOD AT A BLOOD DRIVE
- Leave inspiration notes for someone in person or on social media
- Call a grandparent/senior to check in on them
- Be generous with compliments to others
- Smile, say good morning, how are you, or have a good day to everyone you encounter
- Thank someone who made a difference in your day today
- Practice meditation to calm your mind from the negativity
- Donate crayons, coloring books, puzzles, board games, to employees who have children at home. This is a great way to show kindness.