

Self-Care Checklist

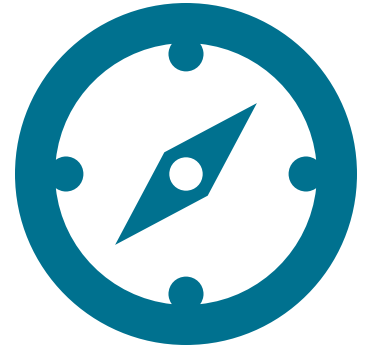


Collect Coping Strategies

What helps you get through a bad day? (music, food, spiritual practices). Use these things to help unwind after a day of work, it will become a routine and be a healthy way to cope with challenging circumstances.

Find What You Can Control

In uncertain times you can find comfort in aspects of life under your control (exercise routine, news exposure, connecting with friends). Focus on these things you can control.



Set Yourself up for Good Sleep

Good sleep helps with concentration, mood, and improves overall mental health. Set a consistent bed time and wake-up time, avoid screen time for 1 hour before bed.

Rely on a Support Network

Find family members or friends that you can call when you need to talk about your emotions or feelings or want to feel connected.



Talk to a Professional

It is ok to ask for help. Mental health professionals can help you work through your challenges. Check if counseling services are available through your employer or if your employer has a list of professionals you can contact.