

Tips to Support Your Well Being



Take a Breath

Take 2-3 slow deep breaths a few times a day. Take a few deep breaths when you get out of the car, when you enter your work area, or before entering a patient room. For guided meditation and mindfulness exercises, you can download the following free apps:

- **Headspace** - offering free premium access to healthcare providers
- **Calm** - guided meditations and support better sleep
- **Stop, Breathe & Think** - guided meditations for mindfulness & compassion



Schedule Breaks (Work & Home)

At work, schedule mini breaks throughout the day (if possible). At home, schedule downtime to watch a movie, read a book, listen to a podcast, play board games, try a puzzle, doodle in an adult coloring book or bake.



Maintain Healthy Habits

As stress increases, health habits can take a back seat. Prioritize your health by bringing lunch to work, drinking plenty of water, limit alcohol, incorporate exercise and get outside. It is springtime! Spend 10 minutes a day in the sunshine. Watch the sunrise/sunset. Notice the beautiful flowers blooming and the gorgeous birds singing. Go for a walk outside. Just be sure to find locations that are not densely populated and stay 6 feet apart from others.



Stay Active

Aerobic exercise is vital for stress reduction. Consider walking, biking, running and hiking or throwing a ball outside. Try a new form of fitness through online workouts. For home exercise and yoga videos, try: [fitnessblender.com](https://www.fitnessblender.com) or [yogawithadriene.com](https://www.yogawithadriene.com)



Limit News Consumption

Check news once or twice a day maximum. Limit news consumption to reliable sources. While it is important to stay informed of the latest recommendations, research shows that social media may escalate anxiety more than traditional media.



Practice Gratitude

This is something you can do over a virtual family visit or write down at the end of the day. Write 2-3 things you felt grateful for in your day.



Create a Daily Routine

Develop a routine that incorporates as many components of your regular life as possible, including a wake time, sleep time, break time, exercise time, time for social engagement and regular meals.



Maintain Connection

Meaningful connection is vital to your mental health. Reach out to family, friends, colleagues and your favorite community groups for social contact. Schedule weekly virtual visits with friends/family, join a family or friend for a meal by social media, play a game, start a virtual book club and get creative with new ways to stay connected.

