

Practicing Self-Care Activity Book

We are all in this together



HELLO

This activity book will help guide your self-care practices as we navigate the Covid-19 pandemic, together.

Self-Care can be different for everyone, so use as many or as few of these practices, as you want too.



It's Okay To Not Be Okay

The Coronavirus is unlike anything we've ever experienced before, and it's normal to feel emotions like fear, anxiety, frustration, restlessness, and confusion. The uncertainty around Covid-19 and its impact can be scary, but we can get through this by practicing self-compassion.



Show Yourself Some Love

Try putting your hand on your heart or another soothing place, this will help to calm some of the anxiety you're experiencing through touch. What words do you need to hear to comfort or reassure yourself about the virus right now? Are they realistic? Can you talk to yourself in a warm and compassionate voice? What actions do you need to take to protect yourself, or to provide for yourself? Can you encourage yourself to take these steps, in a supportive manner?

Notice if this practice makes you feel more relaxed.

Self-Compassion Checkup

Step 1. “This is a moment of suffering”

Acknowledging a moment of stress is a type of mindfulness. If you are able to, name the emotions present. IE: “This is what it feels like when I’m stressed.”

Step 2. “Suffering is a part of life”

Remind yourself that other people are also experiencing challenges in their own lives right now. You are not broken or damaged because you are struggling.

Step 3. “May I be kind to myself”

Offer yourself kindness in this moment. Ask yourself “What do I need to hear right now?” Is there a word or phrase you need to hear, and can repeat to yourself?

ALL WILL BE ALRIGHT



Release Tension in Your Body

Soften your forehead, unclench your jaw.
relax your shoulders.



Breathe

Stress and anxiety build up in our bodies. Our breathing becomes shallow, our muscles become tense, and our heart rate increases.

To return our bodies to a state of relaxation, try some of these deep breathing techniques.

4-7-8 breathing

This exercise uses breathing to help you relax.

- A) Put one hand on your belly and the other on your chest.
- B) Take a deep, slow breath, and count to 4 as you breathe in.
- C) Hold your breath, and silently count from 1 to 7.
- D) Breathe out completely as you silently count from 1-8.

Repeat 3 to 7 times, or until you feel calm.



Quarantine That Stress

Limit Your Screen Time.



Having access to constant streams of information can sometimes feel overwhelming. Consider blocking off time in your day to intentionally disconnect from the media.



You Can Do This By

Putting your phone on do not disturb.
Doing a social media cleanse or turning off your news alerts.
Setting a timer for designated use hours.
Filtering certain words and phrases on your social media.



No one expects you to give up screen time entirely. In today's digital age it's almost unavoidable. But we'd encourage you to try and pay closer attention to your habits, and look for opportunities to change how you use technology.

And if you are struggling with depression your screen time may not be the only thing to blame. That's why Family Service Regina offers counselling services for individuals, couples, and families.

Boredom Busters

Fun Things You Can Do Away From Your Phone

Keeping busy can distract you from uncertainty and help you regain a sense of control.

Try one of these activities each day, or a few everyday to help cure your boredom.

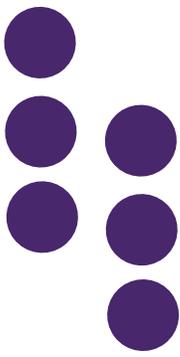
- 1.) Build a backyard campsite
- 2.) Download a star gazing app
- 3.) Complete a difficult puzzle
- 4.) Learn a new skill using Skillshare
- 5.) Play a board game
- 6.) Go for a Walk
- 7.) Paint / Draw / Color something
- 8.) Clean up your yard
- 9.) Clean out your junk drawer
- 10.) Explore new areas of the city



Color Me!

Self
Love

The text 'Self Love' is written in a large, cursive, outline font. There are five small heart symbols scattered around the text: three on the left side and two on the right side.



Take Care of Your Body and Mind

Staying healthy doesn't mean just practicing good hygiene. Think about some routines you can adopt to help yourself feel strong, rejuvenated, fresh, and calm.

IMPORTANT

- 1.) Eat food high in vitamins & nutrients
- 2.) Track your water intake
- 3.) Reduce caffeine consumption
- 4.) Play "brain games" like Sudoku
- 5.) Connect with a therapist

Name One Thing You Will Do To Care for Your Body:



Name One Thing You Will Do To Care for Your Mind:





Get Moving

Using and teaching your body new things can help reduce stress and anxiety, manage depression as well as boost your energy and improve brain function.

People who exercise regularly feel more energetic throughout the day, sleep better at night, have sharper memories, and feel more relaxed and positive about themselves and their lives.

Tips:

To Do:

- Stream digital workout videos
- Take a walk or ride your bike
- Go for a hike
- Adopt a yoga practice
- Practice deep breathing.



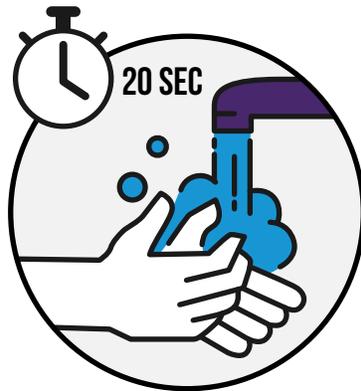
Make Positive Affirmations

Make a list below of all of the positive qualities you have.

Repeat affirmations for 5 minutes, 3 times a day. Do this with the most confidence you possibly can.

My Daily Self-Love Affirmations:

CORONAVIRUS PREVENTION



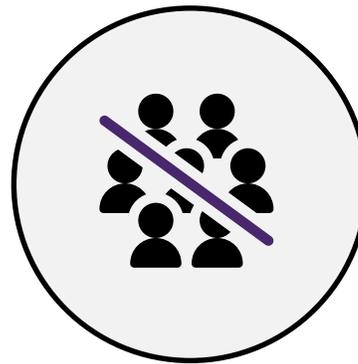
**WASH YOUR HANDS
AT LEAST 20 SECONDS**



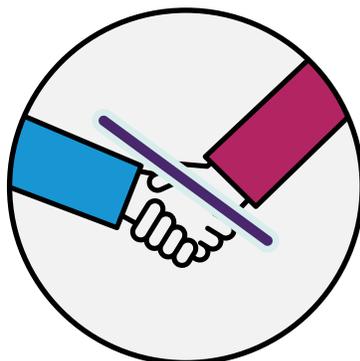
USE SOAP



WEAR MASK



AVOID CROWDS



AVOID HANDSHAKE



DISINFECT CONTACT ELEMENTS

Made with love by: