



Self-Care During Turbulent Times

Although our current climate has been uncertain and somewhat frightening, there are many resources and communities at our disposal to assist with navigating through these turbulent times. While many of us have transitioned to working from home, distance learning, home schooling, alternate work schedules and even taking care of an ill loved one, the task of balancing our lives in this “new normal” can be extremely overwhelming.

Self-care is imperative! We must take some time to stop “doing life” and just breathe. This may look like meditating, exercising, reading, or even sleeping, but taking care of our physical, spiritual and mental selves is so important!

Here are some resources that provide a myriad of information from health and wellness to grooming and organizing! We hope that you take advantage of the many resources available for you to TAKE CARE OF YOU!

Here are a few specific actions we can take to encourage SELF-CARE:

- Make your bed
- Get dressed
- Connect with loved ones
- Move your body

- Make time for breaks - If possible, take regular short breaks during work or between shifts. During these breaks, go outside and engage in physical activity if you can.
- Practice good hygiene, especially by cleaning your hands
- Prioritize sleep and practice rest

Self-Care Resources:

<https://www.wired.com/story/how-to-groom-yourself/>

<https://www.countryliving.com/uk/wellbeing/a27267174/self-care-working-from-home/>

<https://thesurvivalmom.com/my-top-16-tips-for-beginning-homeschoolers/>

Mental Health Resources:

- [National Alliance on Mental Illness \(NAMI\)](#) – this site includes a Coronavirus Information and Resources Guide, as well as tips for people with mental illness.
- [National Suicide Prevention Lifeline](#) – this site provides 24/7, free and confidential support for people in distress, as well as prevention and crisis resources for you or your loved ones.
- [Substance Abuse and Mental Health Services Administration \(SAMHSA\)](#) – this site provides a disaster distress line to help people deal with the emotional effects of major disasters.
- A [list of providers in the CareFirst region](#) (Maryland, Washington, D.C. and Northern Virginia) who specialize in behavioral health support that you may contact directly. Note: there are tabs at the bottom of the spreadsheet for locations.
- [Log in to the Sharecare app](#) for guided meditation and other stress management tools.

COVID-19 Resources

The Centers for Disease Control and Prevention (CDC) offers information and frequent updates on COVID-19's spread, severity, risk assessment, etc.

https://www.cdc.gov/coronavirus/2019-ncov/cases-updates/summary.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fsummary.html

www.ccboe.com/myccps/

<https://coronavirus.maryland.gov>