

Tips to protect your well-being during the pandemic:

- Conscious consumption of news and social media.
- Self-care: Eat and sleep well to boost the immune system, integrate exercise and take vitamins, hot baths, as well as what you need for mental and emotional self care.
- Sleep hygiene practices: 7-8 solid hours, if possible, guided relaxations, calming teas, no electronics in bed rule.
- Uplifting conversations: I challenge us to show up for one another and to stimulate conversations that create hope and calm fears.
- Create community. Reach out to someone, throw a virtual dance party, watch a movie virtually with a friend, start a virtual interest group, check in on a neighbor, sing from your porch or balcony, take a virtual yoga or special interest class.

References:

Calhoun, L., & Tedeschi, R. (2014). Handbook of Post Traumatic Growth: Research and Practice. New York, NY: Psychology Press.

