1. **Strategies for Caring for the Nurse: Self-Care**

1. **Stay active**
   - Exercise benefits both our physical and mental health.
   - Try some of the many different types of exercise you can do from home, thanks to YouTube and apps.
   - Even performing simple stretches each day can improve your sleep quality!

2. **Practice “ZEN”**
   - When we’re stressed about something (such as coronavirus), our thoughts tend to speed up.
   - Take 10 minutes or so to practice mindfulness which can help produce some calm.
   - Try doing an everyday activity in a mindful way – in other words, put aside distractions and focus fully on one small task. For example, while you’re having a cup of tea, pay attention to your senses (the smell of the tea, the warmth of the cup in your hand, the taste…).

3. **Check in with your family and friends while practicing social distancing**
   - Stay in touch via text, Messenger™, WhatsApp™, FaceTime™, or (gasp!) a good ol’ fashioned phone call.
   - Ask them how they’re feeling, share your own experience if you feel safe to do so.

4. **Check out online forums**
   - If you’re feeling isolated, reach out to online virtual support groups.
   - Get support from your community, join your neighbors as they sing Neil Diamond on the streets.

5. **Find nourishing new recipes**
   - Good nutrition is always important, but during stressful times there is nothing better than a tasty, healthy homemade meal – especially if you made it yourself.
   - If you’re running low or not able to get certain things, it’s totally fine to keep it really simple. You could also get creative with substitutions or Google™ ‘[ingredient] substitute’ for ideas.

6. **Take a break from the news**
   - It’s important to stay informed but try to limit your media intake to a couple of times a day and use only trustworthy sources such as the Centers for Disease Control and the World Health Organization.
   - Enjoy the silence.
7. Make a music playlist
   - Music can make us feel so much better.
   - Hop on Spotify™ or Pandora® or Amazon Music™ (to name a few) and make a playlist
     with your fave songs.

8. Declutter for five minutes (or make your list of other favorite indoor things to do!)
   - If you’re suddenly spending a lot more time at home, it can help to have an environment
     that feels good to you.

9. Watch or read something uplifting
   - Distraction can be a good thing.
   - Watch something that you find uplifting and allow yourself to zone out from what’s
     going on in the world.
   - If you like to read, go to your bookshelf and choose an old favorite or something you’ve
     been meaning to get to for a while.
   - If you don’t have physical books, then e-books are a great option.

10. Learn something new
    - Have you wanted to get into drawing, knitting, or learning a musical instrument? Now’s a
        great time to make a start!
    - YouTube™ has great free online tutorials for nearly everything you would like to try.

11. Improve your sleep quality
    - High quality sleep is so important, yet, it is often hard to come by during stressful times.
      Here are some sleep hygiene hints:
      o Limit caffeine intake after 3 PM
      o Go outside during daylight hours for at least 15-30 minutes a day to help your
        body clock reset
      o Exercise and stretching have been shown to improve sleep quality, but limit
        rigorous physical activity right before bedtime

SOURCES: