

2. Strategies for Caring for the Nurse: Self-Care and Resilience

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 are 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 are 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:
 - Limit caffeine intake after 3 PM
 - Go outside during daylight hours for at least 15-30 minutes a day to help your body clock reset
 - Exercise and stretching have been shown to improve sleep quality, but limit rigorous physical activity right before bedtime

SOURCES:

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- <https://www.cnn.com/2020/03/23/health/sleep-craving-carbs-coronavirus-wellness/index.html>