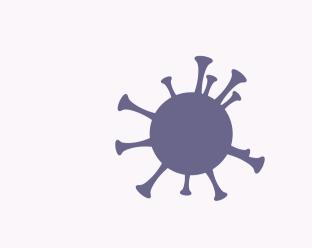
## Boundaries

## Reflection

## Gratitude

Emotional Self-Care



During COVID-19



Make time for your self-care and do not give in to the

feelings of guilt or demands from your family members.

It is your absolute right and need to take care of your

mental, emotional and physical health so you can take

care of your family. Make that statement clear by drawing

very clear boundaries when it comes to your own time.

Today notice the words you say to yourself. Are you speaking negatively? Are you putting yourself down? Take some time today to reflect on how you speak to yourself and replace any negative self-talk with more loving, encouraging and uplifting words. Remember part of self-care is kindness. Be kind to yourself!



Start a gratitude journal! There are many people in much worse situations so take the time daily to count your blessings. Start by writing one thing you are grateful for each day and notice the effect of that on your mind and feelings.



Digital Detox

Limit the time you spend on social media and news. Make this a priority! Repeated negative news will only add to your stress levels and anxiety. Make a conscious choice to limit or decrease the amount of time you spend watching TV or checking social media.



Mindful Emotions

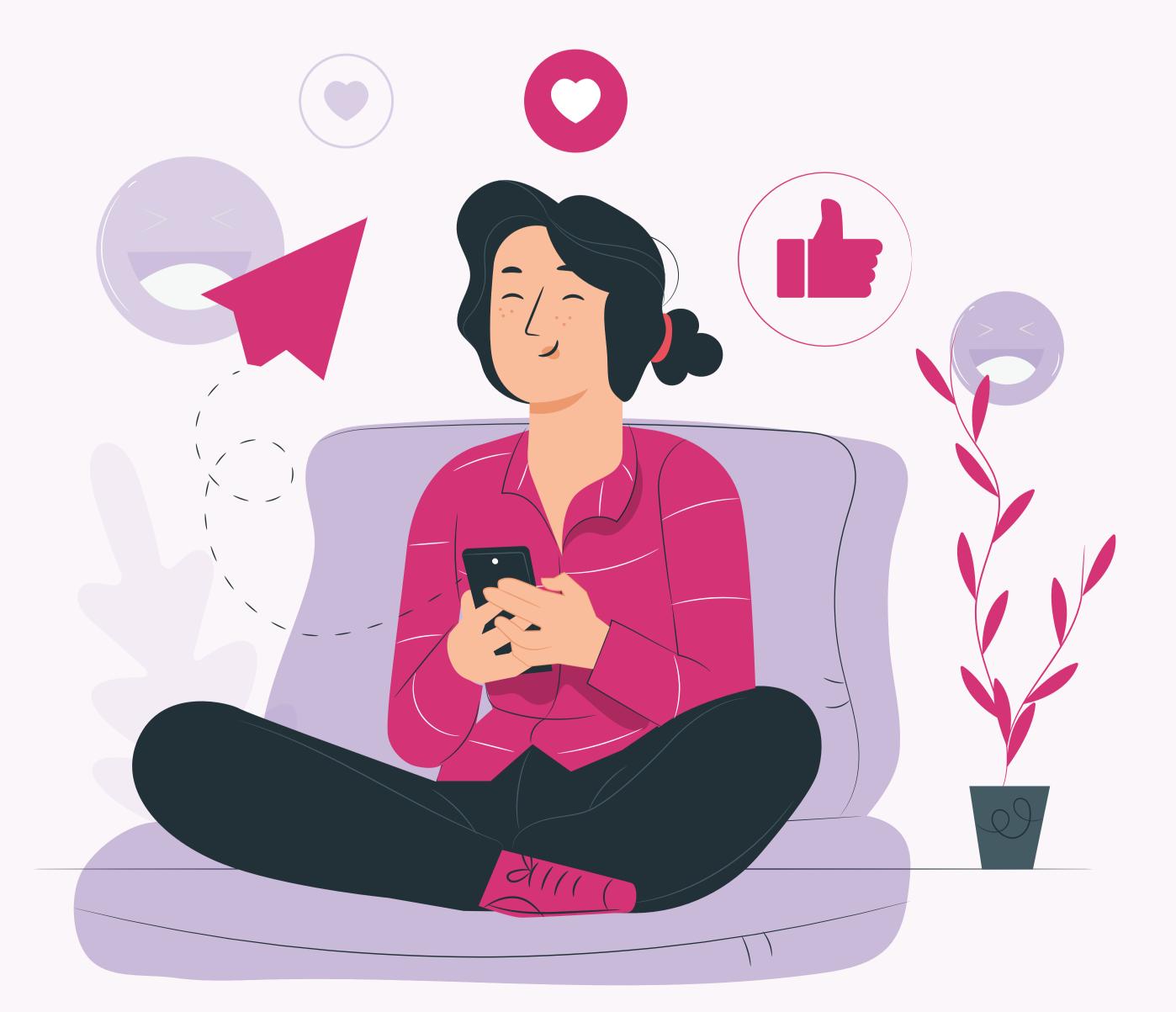
Be mindful of your emotions and allow yourself the time to feel them, accept them and then slowly start to let them go. We are all going through a lot of stress and emotions of fear, anger, worry and anxiety!







Stay connected to people that you love and care for! Check on loved ones coming from a place of care and not fear or obligation.



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