

Self-Care Tips for All

Tips for the Work (at-home) Day	Tips for Home
<p>Try closing your door (if you have one) and take some time to consciously relax. Use the free resources on this page from makers of the Calm app. There are lots of options to fit your style!</p>	<p>Meditate- I'm a complete beginner, and I already feel like this is something I should have been doing for a long time. The New York Times has a helpful guide on how to start.</p>
<p>Decide to stop for one to three minutes every hour during the workday. The Google Move It extension-when you are at your computer all day, it will randomly alert you to get up and move for a minute or two.</p>	<p>Take a bath- A relaxing bath can be made even better with bubbles, salts, oils, candles, and face masks. There is more inspiration for such small luxuries in writer Rachel Syme's wonderful Twitter thread, and some of them you can do at home.</p>
<p>While sitting at your desk, keyboard, etc., pay attention to bodily sensations, consciously attempting to relax your shoulders, lower your tongue to the bottom of your mouth, and unclench your teeth.</p>	<p>Limit your time online-Installing a website blocker, or setting your own phone with screen limits will temporarily force you off websites like Twitter, which can give you terrible anxiety.</p>
<p>Use your breaks to truly relax rather than simply "pausing." For instance, instead of refilling the coffee, try taking a short walk or sitting at your desk and visualizing your family, friends, or a favorite place.</p>	<p>Exercise- There is an entire universe of free yoga classes on YouTube, Planet Fitness YouTube has great 30 minute classes for all levels. If you are not in actual quarantine, go for a walk, hike, or run outside, while keeping your distance from others.</p>
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<p>Take some time at lunch or other moments in the day to text/call/or skype with close family/friends. Try choosing topics that are not necessarily worked related.</p>	<p>Think about what you're grateful for-You can do this in a journal, writing down one gratitude a day, starting a "happiness jar", or doodling out people, pets, and other things you're grateful for in a sketchbook. Follow an online tutorial for drawing if you want to enhance your skills.</p>
<p>Use the everyday cues in your environment as reminders to "center" yourself, e.g., the telephone ringing, sitting at the computer terminal, etc. Reframe any negative thoughts by focusing on the positive.</p>	<p>Declutter-Organize the drawer that has been begging for order, rearrange the living room furniture, or finally get your filing cabinet in order.</p>
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<p>Choose to eat one or two lunches per week in silence. Use this as a time to eat slowly and be with yourself.</p>	<p>Watch something upbeat-It's highly tempting to catch up on prestige TV right now, but a lot of current critically-acclaimed shows tend to be depressing or stressful. So throw in something fun, like a musical. I've been watching some old Fred Astaire and Ginger Rogers movies. Nothing takes your mind off an epidemic like a mind-blowing tap number, or scroll this link for educational shows on Netflix, Hulu, or Prime and you'll get a huge list to learn something you never knew!</p>
<p>At the end of the workday, try retracing today's activities, acknowledging and congratulating yourself for what you've accomplished and then make a list for tomorrow. You've done enough for today!</p>	<p>Listen to a podcast or relaxing music while coloring-Find your favorite podcast or try something new on this list of Goodhousekeeping's LOL podcasts. Print off a couple mandalas or make your own squiggle mural.</p>
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<p>Pay attention to the short walk to your car – breathing the crisp or warm air. Feel the cold or warmth of your body. What might happen if you open up to and accept these environmental conditions and bodily sensations rather than resist them? Listen to the sounds outside your workplace. Can you walk without feeling rushed? What happens when you slow down?</p>	<p>Read a cozy mystery-“Cozy” mysteries— featuring murder but not too much violence—are a great bet for escapism. My personal recommendation (courtesy of Doree Shafrir, co-host of the Forever35 podcast) is the Maisie Dobbs series, set in 1920s and 1930s England. The audiobook version increases the coziness factor.</p>
<p>At the end of the workday, while your car is warming up, sit quietly and consciously make the transition from work to home – take a moment to simply be – enjoy it for a moment. Like most of us, you're heading into your next full-time job – home!</p>	<p>Hang out with your pet-Just look at how cute your guinea pig is. Or teach your dog a new trick. As the internet has proved again and again, there is nothing more amusing than a cat, is there?</p>
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<p>When you pull into the driveway or park on the street, take a minute to orient yourself to being with your family members or to entering your home. If you are home,</p>	<p>Learn something new-There's a nearly unlimited number of online classes on websites like edX or Skillshare, whether you want to learn coding or needlepoint.</p>
<p>Try changing out of work clothes when you get home. This simple act might help you to make a smoother transition into your next “role” – much of the time you can probably “spare” five minutes to do this. Say hello to each of your family members or to the people you live with. Take a moment to look in their eyes.</p>	<p>Remember that you're not alone-These tips are about self-care, but humans generally need community to be happy. Write your grandparents a letter, be a pen pal with the kids in the apartment across the hall. And if you're still able to go outside, consider helping a neighbor in need of a grocery delivery.</p>
<p>Decide not to play the radio and be with your own sound.</p>	<p>Do video therapy-Many therapists are offering video-conferencing as an option for their patients, during what</p>

	is a highly anxious and isolating time for many. Connect with your friends for “social hour” video chats.
While driving, become aware of body tension, e.g., hands wrapped tightly around the steering wheel, shoulders raised, stomach tight, etc., consciously working at releasing that tension... Does being tense help you drive better? What does it feel like to relax and drive?	Cook and bake-Take a cue from Quartz’s food reporter Chase Purdy, who writes : “For many, cooking at home is intimidating—and nobody wants a recipe to go wrong when they’re already managing the stress of the world beyond their front doors. But instead of being an added source of stress, in a time of self-imposed isolation, cooking can be an act of self-care.”
If you need to drive to work, while on the highway, experiment with driving in the right lane, going five miles below the speed limit.	Embrace a hobby-Partake in a hobby that you really do just for fun: don’t be tempted to show it off on Instagram or turn it into a side-hustle. I’m fairly certain no one will ever wear the scarf I am currently knitting. Relatedly, do something with your hands: crocheting, beading, embroidery, woodworking can provide great release.
Take a moment to orient yourself to your workday once you park your car at the workplace. Use the walk across the parking lot to step into your life, use positive self-talk .	Read out loud-My partner and I have been doing this rather cheesy activity for years, mostly on road trips. It’s like a mini book club! Also just read, period. Check out writer Jia Tolentino’s pandemic recommendations .
	Challenge yourself with Soduko, word finds, or even free online escape rooms! The middle school ones were a challenge for me so I started with elementary !!

Adapted from Saki Santorelli 7/26/2010 from <http://www.bemindful.org/mindmastery.pdf>

Modified tips from [Hanna Kozłowska](#) Investigative reporter, March 14, 2020