HEALTHY U

HEALTHY HABITS

Learning to cope with stress is one of the best things you can do for your health. This week, make self-care a daily habit. It can help you react better to stress and have more peace during a time of uncertainty. Do something each day that helps you cope with the lifestyle changes occurring as a result of COVID-19.

Seven Coping Tips to Get You through the Week:

Monday: Take a media break.
Checking the headlines can cause a lot of worry. Get outside or open a book, and put your focus elsewhere.

Tuesday: Keep a routine.
Wake up, get dressed and go to bed when you normally would. Stability can help you feel better.

Wednesday: Challenge your brain.
Try a new activity today. Teach yourself to knit or crochet. Put together a puzzle. Dust off an old instrument, or study a new language.

Thursday: Move around.
Remember to get up, stretch and do regular exercise. Take a 30-minute walk outside--remembering to keep a safe distance from others.

Friday: Name that emotion.
Ask yourself if you're feeling angry, lonely, anxious, stressed, fearful or bored. Acknowledge your feelings. Then let them go.

Saturday: Connect with others.
Technology can keep you from feeling isolated and lonely. Text a friend, call a family member or try a video chat. You will both feel better.

Sunday: Maintain perspective.
It won't always be like this. There is only so much you can control right now.

ValleyHealth
Healthier, together.