

# Coping with COVID

Self-Care isn't selfish, COVID-19 is!

Use this 30 day self-care challenge to help you Cope with COVID.

<p>Start a journal: Write down 10 things you are grateful for.</p>	<p>Go to bed 30 minutes earlier than usual.</p>	<p>Take a 15 minute walk outdoors.</p>	<p>Call someone you love.</p>	<p>De-clutter a room or a desk.</p>
<p>Spend the day Social Media free.</p>	<p>Journal Day: Write a list of short-term goals.</p>	<p>Make the most epic, creative salad you can imagine.</p>	<p>Slow down. Sit and watch the sunset or sunrise.</p>	<p>Get rid of 5 things you never use.</p>
<p>Listen to your favorite song when you were 15 years old.</p>	<p>Unsubscribe from unnecessary emails.</p>	<p>Journal Day: Using 10 words, describe yourself.</p>	<p>Send an encouraging text message to 5 coworkers.</p>	<p>Wake up 30 minutes earlier to meditate, pray or self-reflect.</p>
<p>Catch up on a podcast.</p>	<p>Make time for a wholesome breakfast.</p>	<p>Journal Day: On a scale of 1-10, my mental health is currently at a _____</p>	<p>Do that thing you've been putting off.</p>	<p>Don't overthink. Practice being present.</p>
<p>Journal Day: Share something you are proud of.</p>	<p>Try this mindfulness technique: eat an orange slowly, segment by segment. Focus on the taste, touch, sight &amp; smell.</p>	<p>Say the mantra, "I am confident in my decisions."</p>	<p>Forgive yourself.</p>	<p>Journal Day: Right now I am being challenged by...</p>
<p>Unfollow social media accounts that do not bring you joy.</p>	<p>FaceTime or video chat with family.</p>	<p>Try a 5-minute meditation on the 10 Percent Happier app.</p>	<p>Journal Day: Make a list of everything you'd like to say no to.</p>	<p>During this crisis, talk to someone you can trust: EAP*, Crisis Hotline, Family &amp; Friends</p>

\*If your company utilizes Premier Health's Employee Assistance Program (EAP), you can reach them by calling 937-208-6626.