

Daily Self-Care Routine

Being kind to ourselves can be difficult even on good days, so it is extra important to be mindful when things are feeling more scary, difficult, or chaotic.



Stay Hydrated

When is the last time you drank water? Staying hydrated helps us think clearly about the decisions we make. Water is best, but tea or juice can also be great choices!

Get Some Rest

When is the last time you slept, sat down, or even just stopped what you are doing to breathe? Don't forget to give your body and mind a moment to recharge!



Practice Affirmations

When we hear messages about ourselves we begin to internalize them. What messages are you receiving from your self talk? Try giving yourself a compliment!

Change Your Scenery

You might not be able to visit favorite places, but when is the last time you went outside? Even looking out a window or changing the direction you are facing can help switch things up!



Connect with Others

Physical distance can increase feelings of isolation or loneliness, but there are many ways to connect with others! When is the last time you messaged a support or waved to a passerby?

Treat yourself the way you would want the people you care about to treat themselves.