

More Self-Care Tips

Hello Again All,

I hope this email finds you well. Today's tips are for the body! It's the only one you have, so let's talk about how to keep it safe and how it contributes to your emotional health.

Many of us are aware that when we have emotional experiences, our bodies are affected, such as our hearts racing when we feel fear. What's interesting about this is that the opposite holds true as well. Your posture, the way you carry yourself, and what you do with your body physically can affect your emotions. Try standing tall, chest open, chin up, and your hands on your waist - it feels much different than being hunched over with your chin down and your shoulders in. There is a lot you can do with your body to provide your brain with emotional stability. Below are just a few ideas.

- Although it is especially difficult right now to get regular exercise, as our gyms, community centers, and parks have closed, there are ways to find movement!
 - If you have internet access, YouTube and Instagram have some great free in-home work out options.
 - Get creative - use canned foods or jugs of water to lift weights, or create an obstacle course using household items in any yard space near your home.
 - If you have access, work out virtually with a friend, or plan a workout regimen that you can talk about completing over the phone.
 - Housework counts! Chasing your children counts!
 - Have a dance party either with yourself or with whomever you're quarantined (tip for apartments: have a silent dance party where each person wears headphones while everyone listens to the same song.)
 - What we put into our bodies can contribute to swings in blood pressure, similar to scrolling on our phones, and can make us feel tired or emotionally unregulated.
 - Less processed sugars, more fruit
 - It's possible your body would benefit from smaller meals throughout the day or snacks between meals
 - Tea or hot beverages aid in calming the nervous system (unless highly caffeinated).

Below is a list of references you can use for your mental and physical health!

- Netflix and Instagram released the "Wanna Talk About It" educational coping series specifically for COVID-19
 - <https://www.imdb.com/news/ni62846402>
- Being mindful of your mental health during COVID-19
 - <https://www.healthline.com/health-news/taking-care-of-your-mental-health-during-covid19-outbreak#Find-ways-to-connect-and-stay-busy>
 - <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>
- At home exercise videos (125 to choose from!)
 - <https://parade.com/1011717/jessicasager/best-free-workouts/>
- CDC Mental Health Resources
 - <https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>

Wishing you all well as we make it through each day together.

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