

## Nourishing Practices for COVID-19

A few ideas for how to stay strong and navigate this time together in a healthy way.

1. Share resources that can help you or someone you know get through this coronavirus crisis. Generosity not only feels good, it helps others, and can feed our need for emotional connection.
2. Agree with your housemates that you all have the same goal... supporting each other's well-being while doing what is within your power to prevent getting and spreading the virus. With those closest to you, decide on a way for communicating when you are feeling stressed or panicked, or need a hug. Perhaps a code word or signal.
3. Help stop emotional contagion: the spreading of stress, fear, panic and anxiety. Reassure yourself and others that the healthiest course of action is staying diligent, calm and mindful.
4. Talk about all the good things happening right now that you would never have expected. "Silver linings" are not superfluous, they are essential for mental well-being.
5. Use uplifting and purposeful language.
  - Grateful for...
  - Feel blessed... (to have family around me / skilled doctors and nurses)
  - I honor... (those who are working to make our lives safer)
  - Generosity of spirit (of those who self-quarantine)
  - Family of co-workers who are supporting one another
  - Respect for those who...
6. Take a daily dose of gratitude. Experiment with a gratitude journal, texting buddy, or email/social media group. What are you thankful for? What do you appreciate? What good can come out of this?
7. Make time for activities that nourish you.
  - Puzzles
  - Games
  - New recipes
  - At home workouts
  - Free online classes
  - Old hobbies (or perhaps new ones!)
8. Use technology mindfully. Use the cardinal "THINK" rule from school - Is what I am taking in and/or sharing: **T** rue, **H**elpful, **I**nspiring, **N**eeded or **K**ind? Funny memes and entertaining information, Instagram or other live feeds and channels can definitely fall into those categories!
9. Commit to staying connected with others. There is a big difference between physical distancing and social isolation. Try calling an old friend or a friend living alone, decorating your windows with cheer, or using sidewalk chalk to spread positivity in your neighborhood.
10. Begin or refresh your regular mindfulness practice! Now is the perfect time to add this nourishing act of self-care into your daily routine. You could try one of our streamable Take 5ive practice videos, focusing on your breath for 2-3 minutes, or sending kind thoughts to yourself and a friend.



However you choose to support yourself and those around you, we wish you good health and peace of mind during this challenging time.