

Self-Care

BOOKLET

WORKING THROUGH PANIC

Uncertain times can lead to great anxiety. Caution is good, but it's important to not let anxiety turn into overwhelming fear.

THINGS YOU CAN DO WHEN YOU FEEL OVERWHELMED

- Take a walk
- Do yoga
- Dance!
- Paint/Draw
- Clean one room
- FaceTime a friend
- Take a nap
- Play video games
- Meditate
- Count to ten
- Work out
- Read positive affirmations
- Play a sport
- Watch YouTube
- Journal
- Make a quarantine playlist

YOU DON'T NEED MUCH

We hope through this booklet we have designed for you, you find a few moments of peace, a break from constant media updates, or few moments of gratitude. All you need is a pen or pencil and some coloring tools for the coloring pages we have provided.

TALK IT OUT

Even though we may be observing social distancing this doesn't mean you have to be alone in this. Sometimes talking to a friend, a safe person, or calling a crisis line can help you talk through the anxieties.

Write It Out

ANXIETIES ARE ALWAYS BIGGER
IN OUR MINDS

WHAT IS WORRYING YOU?

WHAT ARE THE ALTERNATIVE OUTCOMES?

Write it out

WRITE DOWN SOMETHING
POSTIVE

4 THINGS YOU ARE GRATEFUL FOR

1. _____

2. _____

3. _____

4. _____

4 THINGS YOU ARE LOOKING FORWARD TO

1. _____

2. _____

3. _____

4. _____

4 THINGS THAT ALWAYS CHEER YOU UP

1. _____

2. _____

3. _____

4. _____



WORDS OF

encouragement

FOR MOMENTS OF
DARKNESS

"Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come.

- Anne Lamott

"Keep your faces toward the sunshine and shadows will fall behind you."

- Walt Whitman

"Hardships often prepare ordinary people for an extraordinary destiny."

- C.S. Lewis

"Where there is love & inspiration I don't think you can go wrong."

- Ella Fitzgerald

"Life isn't just about darkness or light, rather it's about finding the light within the darkness."

- Landon Parham

SIMPLE YOGA SEQUENCE

to recharge



POSITIVE AFFIRMATIONS

Repeat after me...



I BREATHE IN COURAGE,
I EXHALE SELF DOUBT



I FOCUS ON WHAT I CAN CONTROL
& LET GO OF WHAT I CAN'T



I REPLACE NEGATIVE &
IRRATIONAL THOUGHTS WITH
LOVING & RATIONAL THOUGHTS



POSITIVE AFFIRMATIONS

Repeat after me...



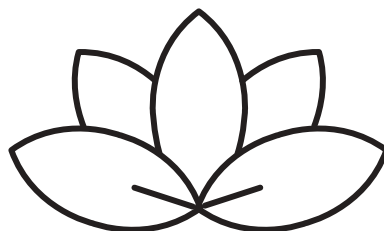
I AM SAFE



I AM CARING & LOVING
TO MYSELF AT ALL
TIMES



I AM SO HAPPY &
GRATEFUL FOR
ANOTHER DAY TO DO
MY BEST.



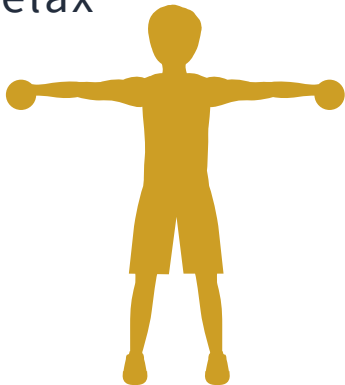
QUARANTINE FITNESS

LIVING ROOM WORKOUT PLAN

MON

LEGS

Stretching and warm-up
25 Squats
25 Sumo Squats
Repeat above March in place
(20 sec)
Stretch muscles
Relax



THURS

CARDIO

Stretching and warm-up
50 Jumping Jacks
30-second Sprint in place
Repeat above
March in place
(20 seconds)
Stretch muscles
Relax

WED

ARMS

Stretching and warm-up
25 Push-ups
20 Wall Tricep Pushes
Repeat above
March in place
(20 seconds)
Stretch muscles
Relax

TUES

ABS

Stretching and warm-up
20 Standing Oblique Twists
30-second Floor Plank
Repeat above
March in place
(20 seconds)
Stretch muscles
Relax



FRI

COMBO

Stretching and warm-up
10 Squats & 10 Sumo Squats
10 Standing Oblique Twists
March in place
(20 second)
20 Push-ups
25 Jumping Jacks
March in place for 20 seconds
Stretch muscles
Relax