



## Comparative Suffering

## Reference Points



Comparing our situation to others can create roadblocks to our ability to stay motivated and progressive...

## SELF-CARE MENU, PRACTICE AND SELF-APPRECIATION

Create a Self-Care menu full of your favorite self-care activities. Create a schedule to indulge in them!

## EXERCISE AND MEDITATION

Download a free at-home workout circuit to keep motivated. Download some free meditation apps. (See Sources page)

## MINDFULNESS AND GRATITUDE

Tune into yourself - practice awareness for your emotions, experiences, and surroundings. Take time to appreciate others; write letters/emails to local entities to express gratitude and support.

## CONNECTING WITH OTHERS/TALK TO CHILDREN

Take time to connect with family, friends and loved ones. Use videochats as a way to creatively play games with loved ones. Be sure to communicate with children in your household. The impact of this pandemic may be more severe for our younger populations, so be sure to ask about their feelings and experiences to help them process.

## FOLLOW DAILY ROUTINES, KEEP STRUCTURE

Even if you are not leaving your home, it is important to maintain a regular sleeping schedule, eating schedule, activity level, hygiene, and other personal routines. This will help you (and especially children in your household) to feel motivated, maintain regularity and promote healthy coping.



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## EXTENSION & REFERENCES

### FOR REFERENCES USED IN THIS NEWSLETTER AND ADDITIONAL RESOURCES VISIT:

<https://www.centennialmhc.org/covid-19-communications/>

#### SELF-CARE MENU, PRACTICING SELF-CARE AND SELF-APPRECIATION

Create a list of activities that you enjoy (reading, face masks, baking, exercising, taking a bath, etc.), then use this Self-Care Menu to choose something each day, or whenever you need a little break, to take part in. Try to make a schedule that includes practicing your self-care and self-appreciation. Be vocal and advocate for your 'self' time.

#### EXERCISE AND MEDITATION

While activity levels are down, be sure that you are maintaining a close level of activity that you were used to before. Find a free at-home workout guide, follow video workouts, or video chat a friend to workout with. If you need something to calm your mind during this time, you can try meditation. There are guided meditation apps available for free that can help you reset and refocus. Meditation APPs: Headspace, Calm, Intimind, Liberate

#### MINDFULNESS AND GRATITUDE

Be mindful of your circumstance, but avoid comparing your situation to others. Talk to someone you trust about your struggles, you may find solstice in finding commonality or simply relief from sharing. Gratitude can be a powerful uniter and motivator, take time to others in this time that may be sacrificing for you. Write a thank you letter to your local responders, supermarket, or essential businesses to share your gratitude.

#### CONNECTING WITH SOCIAL NETWORK & DISCUSSIONS WITH CHILDREN

Stay connected to your social network through video chat, texting, calling, or emails. You can play board games via video chat, watch movies, do crafts, exercise together, etc. Get creative or check out ideas online that others have tried. It is also important that we are talking with our children about how they are handling the pandemic and offering ways to support them. Remember where your child may be developmentally, be patient, and understand that they may not understand how to express the selves appropriately.

#### FOLLOWING DAILY ROUTINES & KEEPING STRUCTURE

Maintain a morning wake-up time, daily structure and bedtime. It is easy to lose your routine if you are not leaving the house, but try to treat your day as normal and follow your structure. If you are not occupied during the day with work, use that time to catch up on home projects, mail, house tasks, or learn a new hobby or skill with that time. Lack of routine as well as irregular sleeping and eating patterns can influx our stress levels and create issues for our physical and mental health.



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