



# CRITICAL SELF-CARE TO HELP YOU COPE

## INCREASE YOUR SLEEP

Set room temperature to between 60-67 degrees

Limit screen time to reduce cortisol production

Ease the transition with deep belly breathing

Enlist a loved one for a 5-minute foot massage

Put socks on cold feet, it can make all the difference

## MOVE YOUR BODY



Lift something heavy 10x on a break

Take the stairs or park in a lot nearby

Google free online Yoga classes

## ADD A BRIEF MEDITATION

Ten Percent Happier

Headspace App - 100's of articles for healthy minds, moods, and goals

Insight Timer offer 45,000 Free Meditations