



- First, take a joy break (or multiple small breaks) to replenish your energy. Activities like watching a funny video, listening to your favorite song, or reading a light-hearted story can help you refocus.

- Take a few deep breaths – inhale for 5 seconds, hold for 3 seconds and exhale for 5 seconds. Return to this practice anytime you feel overwhelmed.
- Physical activity can help boost your immune system, help you manage stress and improve your mood. Keeping active by moving around or stretching while on a call can also help. You can still avoid crowds AND get some fresh air by taking a walk outside.
- Make sure you're getting enough sleep. 7-9 hours each night is recommended to restore brain chemistry and heal your body. If you have problems falling or staying asleep, try creating a bedtime ritual that could include a warm bath, journaling or meditation.

Other ideas include:

- Practicing gratitude – I have been thinking about 3-5 things I am grateful for each time I wash my hands, but you can also start a gratitude journal or jar with family or friends
- Spreading digital acts of kindness. We need to be there for each other, even from a distance. Whether it's a supportive text reminder, a call, or a funny meme. You don't have to physically present with others to show you care.
- Starting an at home project you have been wanting to do, a book you have been wanting to read, or an online course you have been wanting to take. Structure time each day to dive into something you are passionate about.

If your stress or anxiety becomes persistent, intense, and interferes with your ability to engage in daily activities, please reach out to your personal physician or local medical provider. Please know that while everyone's experience is unique, you're not going through this alone.

I hope you found these well-being strategies helpful. Until next time, stay well.