

Self-Care in Uncertain Times

We are all aware that this is a time of crisis, and we are all human. That means we worry, we get upset, and we stress about what is happening. We are all affected by what is happening around us and what we hear on the news and the Internet.

The Center for Disease Control (CDC) says that we have to take care of ourselves during this crisis. If not, our bodies will be so weak, and our immune systems so low, that we won't be able to fight off the Coronavirus when it comes to our community. Self-care is important! We need to slow down and think about ourselves a bit.

If we don't care for ourselves, how can we care for those we love, whether they be children, teens, aging parents, or our neighbors whom we love as well. And stay home if you have symptoms of the Coronavirus. Don't feel you have to push to help someone or work even if you have the symptoms. It's not worth it to you or others.

Mindfulness practices offer a quick and easy way to focus on yourself and label your thoughts and emotions to gain control over your response to stress during a crisis. Even when things are busy or feel hectic, the practice of remembering 3 good things that have happened in your day, what has caused them, and how they made you feel can give you the space to focus on the positive.

They can be big accomplishments, my patient improved today, or small everyday occurrences, traffic was light and I had a great yoga class last night. 3 good things prompts you to pay closer attention to positive events in the future and engage in them more fully.

As you reflect on 3 good things from your day, follow these instructions:

1. Give the event a title (e.g., "co-worker complimented my work on a project")
2. Recall exactly what happened in as much detail as possible, including what you did or said and, if others were involved, what they did or said.
3. Consider how this event made you feel at the time and how this event made you feel later (including now, as you remember it).
4. Think about what may have caused this event—why it came to pass.

References

- Jeffrey Huffman, M.D., Harvard Medical School –Sonja Lyubomirsky, Ph.D., University of California, Riverside
- Valerie Hayes, The News-Examiner, Retrieved from: https://www.hjnews.com/montpelier/self-care-during-this-time-of-crisis/article_d54a71bc-912b-5c55-a47d-9a99a065b28d.html