



Harmony Family Medicine

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Tips for taking care of yourself during the Covid-19 pandemic



Take care of your body

Eat. Include a balanced variety of meals and snacks consistently throughout the day. Choose foods that you enjoy and make you feel good. It's okay if eating looks different than usual right now.

Get active! Try a virtual workout and take 30 minutes to engage in something that you would enjoy doing in your home or outside.

Maintain a Sleep Schedule. Go to sleep and wake up around the same time seven days a week.

Practice good hygiene. Habits such as washing your hands, bathing, and brushing and flossing your teeth will help reduce your risk of illness.

Take care of your mind

Take breaks from the media. Watching, reading or listening to news stories, including social media can cause increased stress and anxiety.

Make time to unwind. Taking time to write in a journal, try deep breathing exercises, or practicing yoga can put your mind at ease and can help promote relaxation.

Talk it out with others. Whether you need to voice your concern, frustration, or anger, or just need to talk, find someone you can trust and try not to internalize your feelings. Isolating yourself can make things feel even worse.

Practice self-care. Take some time to engage in activities that prioritize your own well-being.

Stay Connected

Connect with others. Keep in touch with your family and friends – we need to physically isolate, not socially isolate.

Host a virtual hangout. Rather than cancel your typical social gatherings with

friends, host them virtually to stay connected.

Tune into live streaming and podcasts - Check out the #TogetherAtHome virtual performances every day from your favorite artists as they practice social distancing with us.

<https://www.npr.org/2020/03/17/816504058/a-list-of-live-virtual-concerts-to-watch-during-the-coronavirus-shutdown>

Elm Street in Woodstock has their latest play available digitally:

<https://elmstreetarts.org/helvetica-the-digital-experience/>

Try a new hobby. Try a new recipe, play a board game, or reconnect with that instrument you've been wanting to play.

Spirituality

Practice Mindfulness. Take deep breaths, stretch, or meditate daily to promote tranquility.

Tap into Gratitude. Think of 3 good things that you are grateful for each day to help balance your mind and spirit.

Daily Affirmations. Say positive affirmations daily that ground your sense of self and purpose.

Focus on what matters. Get in touch with your values and try not to focus on what you can not control.

[READ MORE ABOUT COVID-19 ON
OUR WEBSITE](#)