

Self-Care During COVID-19

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Self-care is not selfish. You must fill your own cup before you can pour into others.



Family Mindfulness for Busy Days – Waking Up

Five Senses

- With your child, take a few moments to explore the morning through your senses. Take turns naming things you see, hear, feel, taste, and smell.

Body Scan

- Starting with your toes and working your way up to the top of your head, notice the sensations in each part of your body.



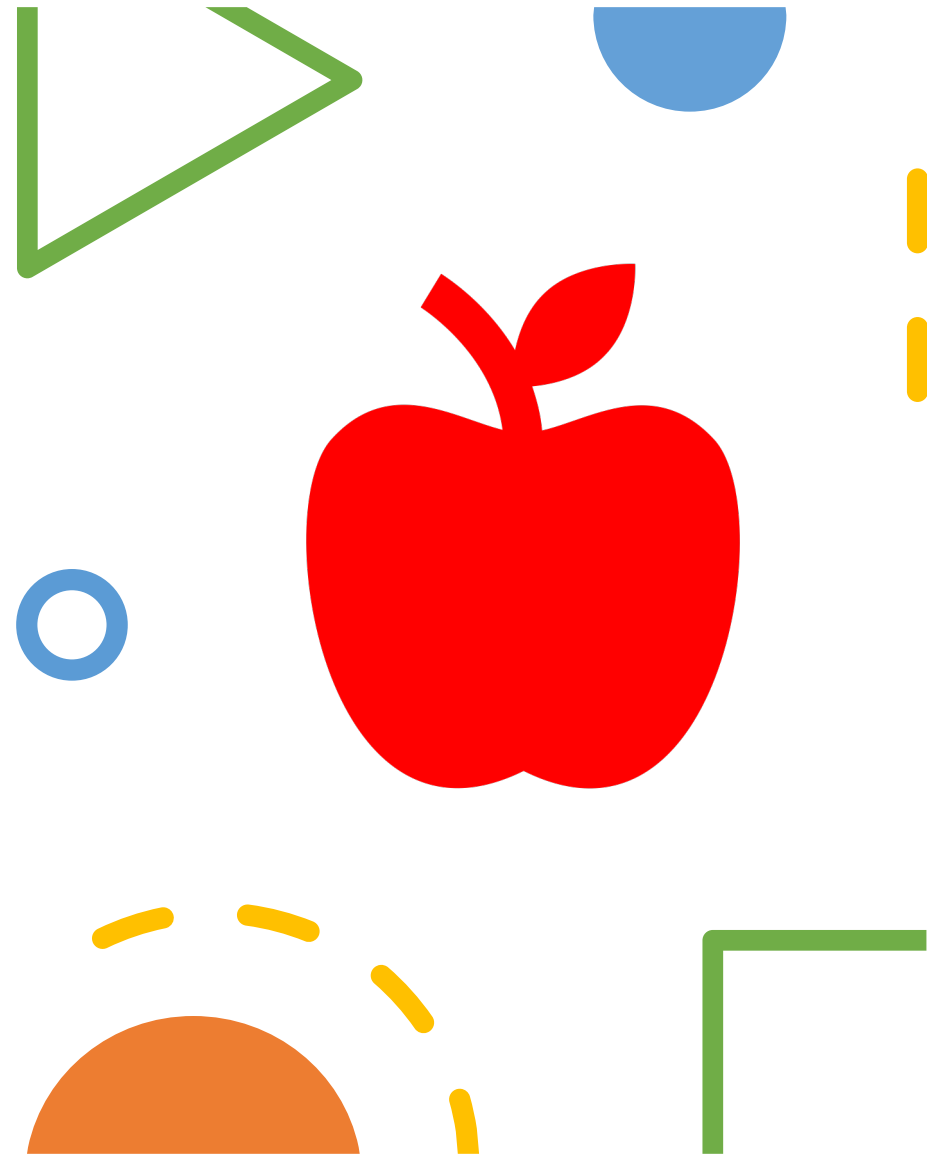
Family Mindfulness for Busy Days - Meals

Mindful Check-In

Start a conversation about the here-and-now by asking your child to share one thing they are feeling physically, one thing they are thinking about, and one thing they are feeling emotionally.

Mindful Eating

Rather than rushing through a meal, eat slowly and mindfully.



Family Mindfulness for Busy Days - Travel



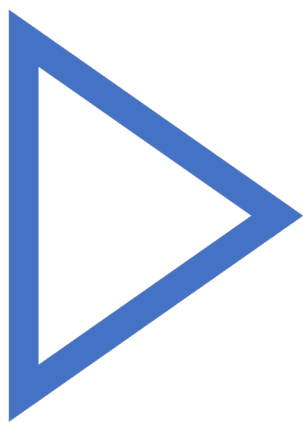
I Spy

In this game, your child will “spy” a color they see and ask you to guess what the object is.



The Alphabet Game

While driving, ask your child to look for words in their environment beginning with each letter of the alphabet, in order. While driving, ask your child to look for words in their environment beginning with each letter of the alphabet, in order.

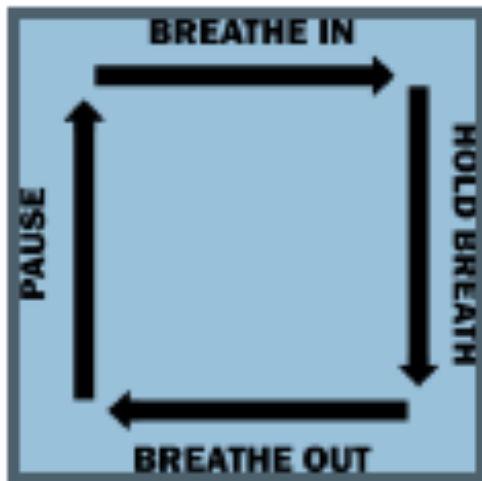


Family Mindfulness for Busy Days - School

Mindfulness Bracelet

With your child, spend an afternoon making bracelets that are fun, and comfortable to wear. Every time you notice the bracelet on your wrist, take a moment to note one thing you see, hear, smell, and hear. Practice at home to get your child in the habit.

Family Mindfulness for Busy Days - School



Square Breathing

Draw a square on paper, or in the air with your finger. Perform one step of the technique while drawing each line of the square. Time each step to last about 4 seconds.



Family Mindfulness for Busy Days – Free Time

Mindfulness Box

With you child, decorate a box large enough to hold several small objects. Fill the box with interesting items found around your home and yard (i.e., feathers, rocks, flowers). Encourage your child to explore their surroundings with more than just sight. For example, the texture, weight, and smell of each item.

Family Mission Statement

If we want our families to be strong and successful, we have to create a working plan. We need to know what direction we would like to head and how we are going to get there. Sit down together and write your family mission statement. It will be a powerful first step on your family's road to success.

Answer the following questions. On the next page, put your answers together in sentence format. Hang your mission statement in a common area where everyone in the family will see it often and refer to it frequently. For even more traction, have each family member memorize your mission statement. Then they can take it with them wherever they go!

1. We are at our best when...

2. We are at our worst when...

3. What does your family love doing together?

4. As a family, how can we better help one another?

5. As a family, what can we give to others and how can we help people outside our families?

6. What do we need to change as a family?

7. What are the principles we want our family to be based on?

8. What does each of us want to be in the future?



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Making a Family Mission Statement

Ask Each Family Member:

1. What direction do we want our family to go in?
2. How will we get there?

Types of Self-Care



Workplace or professional



Physical



Psychological



Emotional



Spiritual



Relationships

Developing a Self-Care Plan



Keep it in a place where you can see it every day.



Stick to your plan and practice the activities regularly.



Re-assess how you are going at the end of one month and then three months.

Building Happiness



GRATITUDES
WRITE DOWN 3 THINGS TO
BE GRATEFUL FOR EACH DAY



ACTS OF KINDNESS
DO SOMETHING NICE FOR
NO REASON



EXERCISE
BE PHYSICALLY ACTIVE



MEDITATION
HELPS RESTRUCTURE THE
BRAIN



POSITIVE JOURNALING
WRITE ABOUT POSITIVE
EVENTS IN YOUR LIFE



FOSTERING RELATIONSHIPS
SOCIAL CONNECTIONS
BOOST OUR MOOD



The Not-To-Do List

My Not-To-Do List

STUFF THAT DISTRACTS ME
AND WASTES MY TIME

STUFF THAT STRESSES ME OUT
AND GIVES ME ANXIETY

STUFF THAT DRAINS MY ENERGY

STUFF I FEEL OBLIGATED TO DO

STUFF THAT DOESN'T ACTUALLY
NEED TO BE DONE

STUFF I CAN'T CONTROL OR
ISN'T MY RESPONSIBILITY

My Top 5 Not-To-Dos

Tips to Avoid Burnout

Eat as healthfully as you can, stay hydrated

Exercise and stretch as often as you can

Seek out sources of enjoyment and inspiration

Allow yourself to feel your emotions and give yourself time to process through them

Stay engaged with your support system

Make and keep appropriate boundaries

Make a plan

Practice mindfulness

Prioritize work and life balance

Limit news consumption

Limit social-media use



Available State Resources

- Department of Mental Health
- Department of Disability Services
- Masshealth
- SNAP
- WIC
- Crisis (by town)

Additional Resources – Mental Health


- Self-Care App: www.sanvello.com
- Caregiving/Parenting Help:
www.mhanational.org/covid19/caregiving-parenting
- Wellness/Coping:
www.mhanational.org/covid19/wellness-coping-skills
- BIPOC/LGBTQ:
www.mhanational.org/covid19/bipoclgbtq
- Existing Mental Health Concerns:
www.mhanational.org/covid19/existing-concerns
- Unemployment Assistance:
www.dol.gov/newsroom/releases/eta/eta20200312-0

Additional Resources

Substance Use

- Alcoholics Anonymous:
www.aa.org/pages/en_US/find-local-aa
- Narcotics Anonymous:
www.nerna.org/meetings/
- Virtual Narcotics Anonymous:
www.virtual-na.org/

Not comfortable
seeking therapy
in-person due to
COVID-19?

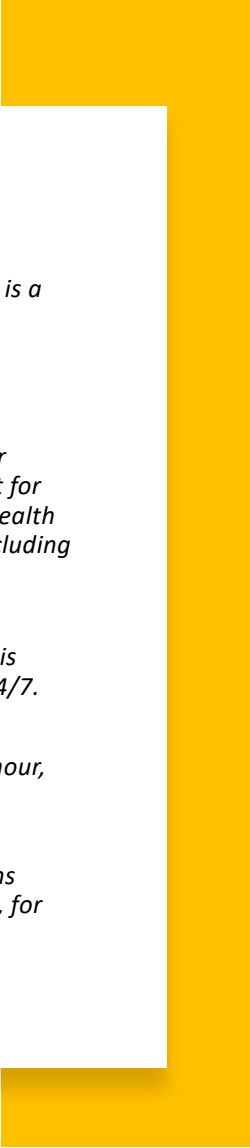


Even in isolation, you're
not alone. **Text SHARE to
741741 for free, 24/7 support
at your fingertips.**

CRISIS TEXT LINE |



Help Hotline Numbers

- [National Suicide Prevention Lifeline](#)
Call 1-800-273-8255. The National Suicide Prevention Lifeline is a national network of local crisis centers that provides free and confidential emotional support to people in suicidal crisis or emotional distress 24 hours a day, 7 days a week.
 - [Disaster Distress Helpline](#)
Call [1-800-985-5990](tel:1-800-985-5990) or text TalkWithUs to 66746. The Disaster Distress Helpline (DDH) provides crisis counseling and support for anyone in the U.S. experiencing distress or other behavioral health concerns related to any natural or human-caused disaster, including public health emergencies.
 - [Crisis Text Line](#)
Text MHA to 741741 and you'll be connected to a trained Crisis Counselor. Crisis Text Line provides free, text-based support 24/7.
 - [The Trevor Project](#)
Call [1-866-488-7386](tel:1-866-488-7386) or text START to 678678. A national 24-hour, toll free confidential suicide hotline for LGBTQ youth.
 - [Trans Lifeline](#)
Dial 877-565-8860 for US and 877-330-6366 for Canada. Trans Lifeline's Hotline is a peer support service run by trans people, for trans and questioning callers.
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Help Hotline Numbers

- **[Dial 2-1-1](#)**
If you need assistance finding food, paying for housing bills, accessing free childcare, or other essential services, visit [211.org](#) or dial 211 to speak to someone who can help. Run by the United Way.
- **[National Domestic Violence Hotline](#)**
For any victims and survivors who need support, call [1-800-799-7233](#) or [1-800-799-7233](#) for TTY, or if you're unable to speak safely, you can log onto [thehotline.org](#) or text LOVEIS to 22522.
- **[StrongHearts Native Helpline](#)**
Call 1-844-762-8483. The StrongHearts Native Helpline is a confidential and anonymous culturally-appropriate domestic violence and dating violence helpline for Native Americans, available every day from 7 a.m. to 10 p.m. CT.
- **[The National Sexual Assault Telephone Hotline](#)**
Call 800.656.HOPE (4673) to be connected with a trained staff member from a sexual assault service provider in your area.
- **[Caregiver Help Desk](#)**
Contact Caregiver Action Network's Care Support Team by dialing [855-227-3640](#). Staffed by caregiving experts, the Help Desk helps you find the right information you need to help you navigate your complex caregiving challenges. Caregiving experts are available 8:00 AM – 7:00 PM ET.
- **[The Partnership for Drug-free Kids Helpline](#)**
Call [1-855-378-4373](#) if you are having difficulty accessing support for your family, or a loved one struggling with addiction faces care or treatment challenges resulting from COVID-19 circumstances, the Partnership for Drug-free Kids' specialists can guide you. Support is available in English and Spanish, from 9:00am-midnight ET weekdays and noon-5:00pm ET on weekends.