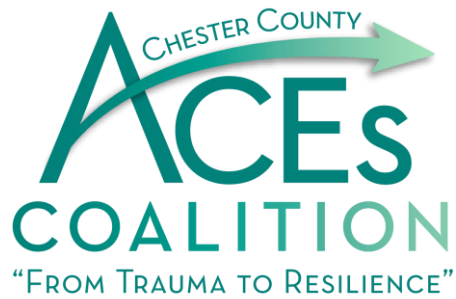


Self-Care Tool for Adults during COVID-19

The outbreak of coronavirus disease 2019 (COVID-19) may be stressful for people. Fear and anxiety about a disease can be overwhelming and cause strong emotions in adults and children. Coping with stress will make you, the people you care about, and your community stronger. Healthy nutrition, regular exercise, restful sleep, practicing mindfulness, building social connections, and getting mental health support can help decrease stress hormones and improve health. Here are some goals you can set to support your health. *(Check the goals that you are choosing for yourself!)*

- **Social Distancing.** I've set a goal of...
 - Creating a sense of structure and routine in daily life
 - Connecting with family and friends socially, while maintaining physical distance such as videoconferencing or phone calls
 - Reducing exposure to news or media of outbreak to prevent triggering in an already stressful situation
 - Going outside daily for exercise or pleasure
 - Learning a new skill from home
 - Designating a reading time and sticking to it
 - Practicing forgiveness and self-compassion – Remember you're doing the best you can during a very difficult time
 - Create masks and donate to others or find other ways to support local businesses

- **Healthy Relationships.** I've set a goal of...
 - Spending more high-quality time together with loves ones, such as:
 - Having regular meals together
 - Having regular "no electronics" time for us to talk and connect with each other
 - Creating a healthy support system for myself and talking about feelings with loved ones
 - Connecting regularly with members of my community to build social connections while physically distant
 - Asking for help if I feel physically or emotionally unsafe in my relationships
 - The National Domestic Violence hotline is **800-799-SAFE (7233)**



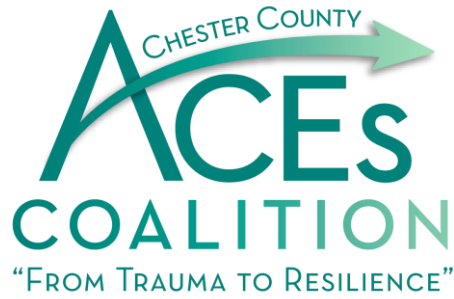
- The National Sexual Assault hotline is **800-656-HOPE (4673)**
- To reach a crisis text line, **text HOME to 741-741**
- Create your own goal: _____

- **Exercise.** I've set a goal of...
 - Walking at least 30 minutes every day
 - Finding a type of exercise that I enjoy and doing it regularly
 - Create your own goal: _____

- **Nutrition.** I've set a goal of...
 - Eating a healthy breakfast daily (includes protein, whole grains, and/or fruit)
 - Drinking water instead of juice, soda, or tea
 - Limiting my alcohol consumption
 - Eating at least 5 fruits and/or vegetables a day
 - Choose whole wheat bread and brown rice instead of white bread or rice
 - Create your own goal: _____

- **Sleep.** I've set a goal of...
 - Being consistent about going to bed at the same time every night
 - Creating a cool, calm, and quiet place for sleep and a relaxing bedtime routine
 - Using mindfulness or other stress reduction tools if worry is keeping me up at night
 - Turning off electronic devices at least 30 minutes before bed
 - Create your own goal: _____

- **Mindfulness.** I've set a goal of...
 - Taking moments throughout the day to notice how I'm feeling, both physically and emotionally
 - Practicing mindful breathing or other calming technique(s) during stressful situations
 - Finding at least one thing to be thankful for each day
 - Creating a regular routine of prayer, meditation, or yoga



- Downloading a mindfulness app on my phone and doing a mindfulness practice 20 minutes per day
- Create your own goal: _____
- **Mental Health.** I've set a goal of...
 - Learning more about mental health and/or substance use services such as counseling, support groups, medications, etc.
 - Identifying a local mental health professional or support group
 - If I am feeling like I am NOT in crisis, but need to speak with someone in regards to my mental health or an emotional challenge, I can call **Chester County's Warm Line at 1-866-846-2722.**
 - If I am feeling like I am in crisis, I will get help
 - The National Suicide Prevention Lifeline is **800-273-TALK (8255)**
 - To reach a crisis text line, **text HOME to 741-741**
 - To reach a crisis center in Chester County, call **610-280-3270.**
 - Create your own goal: _____
- **Self-Care.** I've set a goal to...
 - Limit screen time to less than ____ hours per day
 - Make a plan for what to do when I'm feeling stress out, angry, or overwhelmed
 - Plan to make regular appointments with my medical provider(s), including for preventive care, once the virus has settled
 - Identify my strengths and learning more about building resilience
 - Create your own goal: _____

For more information, please visit:

The Chester County ACEs Coalition: www.CCACEsCoalition.com

The Chester County Health Department's COVID-19 page: www.chesco.org/coronavirus

*This tool was developed from the ACEs Aware Self-Care Tool for Adults. Visit their website for additional information and tools: www.ACEsAware.org