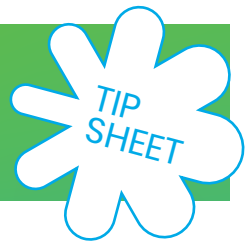


# Personal Resiliency Tips During the COVID-19 Pandemic



It's essential to take care of yourself, not just for your well-being, but also for those you care about and support. Your self-care will help improve your energy, focus, ability to cope with challenges and overall life experience.

## Nourish yourself

So often it's the little things, like taking time to eat and hydrate adequately, that get missed when we are busy caring for others. Be mindful of the foods you choose and how much water you drink. Food and water fuel us for the day.

## Sleep

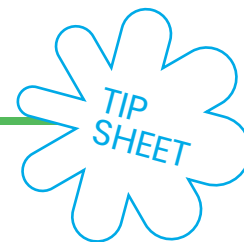
Sleep is critical to physical and mental health. By getting a full night of sleep, we help our bodies fight back against potential threats. However, sleep can be difficult in these challenging times. You may find that establishing sleep routines, like trying to go to bed at roughly the same time each night and avoiding news right before bed, can help. If you wake and have trouble returning to sleep, you could try taking some deep breaths and visualizing calm relaxing moments to give your brain a rest.



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### Stay active

Physical activity can enhance your energy, immune system, and mood. While you may have to be a bit creative at the moment, you can achieve these benefits with 30 minutes of sustained physical activity around your home (e.g., dance to your favorite music, walk briskly around your home, go up and down stairs or use a step to climb, try an exercise or yoga video, skip rope, enjoy some gentle stretching, do some gardening or yard work).

### Stay connected

Maintaining connection with others can help to enhance your sense of well-being. Even when we're practicing physical distancing, we can all find ways to connect, engage, and reach out to others during this time. Staying connected may mean emailing, texting or calling someone that lifts your spirits, or it may be joining in on a social media event that makes you smile or helps you to feel part of something. Connect in ways that make sense to you, in keeping with the rhythm of your daily schedule.

### Pause

Do your best to find a little time for yourself each day to do whatever allows you to feel relaxed, restored and ready to meet the challenges ahead. You know best what this looks like for you. Be open to exploring new hobbies, interests and ways to pause as you expand your self-care practice.

### Reflect

Be mindful of your thoughts and feelings, both positive and negative, as part of your self-care. Take time to reflect on what is important to you both personally and professionally. Your values and a sense of purpose help you focus on what is meaningful for you.

### Be gentle

Pay attention to how you talk to yourself. Treat yourself with compassion and gentleness, as you would a dear friend. Research has shown that practising self-compassion increases psychological well-being and emotional resilience. Life is hard right now, and all you can do is your best. Be kind to yourself.

### Be committed

Prioritize your self-care and persist with this, even when life gets challenging. You will be more able to help your students when you are feeling as strong and well as you can be. Caring for yourself, especially when life gets challenging, increases your ability to care for others.

