



## Self-Care in a pandemic

Five areas to attend to, to manage our own self care.

**Cognitive** Look at thought patterns.

Notice how negative they are?

Are they spiralling down?

Are you spending a lot of time ruminating on things you can't

Control?

**What to do:** For every negative thought find a positive.

Concentrate on what you can control

Look at recourse NHS <https://web.ntw/nhs/uk/selfhelp/>

**Emotionally** Acknowledge your feelings and that these are ok to experience.

Remember they will be heightened.

Remember they will pass.

**What to do:** Do not suppress how you feel.

Talk to a trusted friend

**Spirituality** You may experience ,loss of hope,

Faith diminished

More open to faith.

Increase of spiritual self

**What to do:** Do not feel guilty for faith been shaken.

Use your faith to help self-care. Use music /spiritual books

Devotions/thankfulness

**Behaviour** Experience changes in behaviour, blaming self or others.



Conflict with others, denial, more obsessional behaviour.

**What to do:** Express to others what you need and reciprocate this.

Have a room that is agreed a place to cool off.

Have a code word that means this conversation needs to end.

Say sorry

**Physical** We may experience.

Heart palpitations, stomach problems, headaches, shortness of breath.

**What to do:** Use self-help strategies, take any prescribed medication, reduce stress

## **Self help tips.**

1. Compartmentalise your day
2. Cut off point in the evening
3. Keep a routine - meal time/ sleep
4. Relaxation techniques
5. Exercise
6. Acknowledge how you feel
7. Agree a password with others or a cool off place.
8. Express to others what you need right now.
9. Don't be hard on yourself.
10. Time for reflection