

SELF-CARE CHECKLIST

Coronavirus (COVID-19) pandemic

While it may seem impossible to prioritize self-care in these challenging times, this is exactly when it's needed most. This checklist can remind you to make room for moves that can help you recharge and be more stress-resistant.

Body

- Try to make time to eat and stay hydrated. Regular meals give you the fuel you need to stay strong and focused.
- Have a stash of healthy and energizing snacks, such as nuts, popcorn, or whole-grain crackers, easily accessible.
- Fit exercise in. It lowers stress and can help you sleep better. Even a short 15-minute stint can make a difference.
- Fold it into daily activities, such as jogging when walking the dog or spending time with your kids on a bike ride.
- Don't let sleep be optional. Prioritize your rest between shifts so you can feel energized when you return.
- Before bed, take a moment to write down or mentally inventory your worries; then set them aside until the next day.
- Relaxation techniques, such as progressive relaxation or mindful meditation, can help calm you for sleep.

Mind

- Stay informed, but don't overdo news exposure. Notice the impact news stories have on you and limit accordingly.
- Take mental "breaks" during the day to focus on something distracting, uplifting, or soothing.
- Notice signs that anxiety or stress is building for you. Recognize this as normal, but have management strategies ready.
- Find your motivation for prioritizing self-care, then use that as a reminder to make it a regular part of your day.
- Be open to turning to others for emotional and practical support. It's a strength, not a weakness, to reach out.
- Know that mental health professionals can help you problem-solve and find strategies to manage difficult feelings.

Spirit

- Think about how you've coped with hard times before. Try to re-deploy the strengths and strategies that helped then.
- Find one or more enjoyable ways to relax your mind and body. Give yourself permission to recharge in this way.
- Find creative ways to stay connected with friends, family, loved ones, and supportive social media communities.
- Get outdoors. The fresh air and sunlight can renew both health and spirit, as well as help regulate sleep cycles.
- Avoid turning to alcohol, drugs, or unhealthy behaviors as a way of coping. Your EAP can be a resource for support.

Together, all the way.®



This material is provided by Cigna for informational/educational purposes only. It is not intended as medical/clinical advice. Only a health care professional can make a diagnosis or recommend a treatment plan. For more information about your behavioral health coverage, you can call the customer service or the behavioral health telephone number listed on your health care identification card.

All Cigna products and services are provided exclusively by or through operating subsidiaries of Cigna Corporation, including Cigna Health and Life Insurance Company, Connecticut General Life Insurance Company, Cigna Behavioral Health, Inc., and HMO or service company subsidiaries of Cigna Health Corporation. The Cigna name, logo, and other Cigna marks are owned by Cigna Intellectual Property, Inc.

Use and distribution limited solely to authorized personnel. 881271a 03/20 © 2020 Cigna