

Self-Care Tips



Keep a Schedule

But also give yourself permission to mix up activities



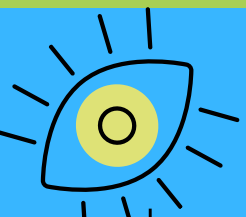
"Apart but never alone"

Stay connected to family and friends. Attend virtual hangouts.



Maintain Traditions

Celebrate significant holidays over Zoom or Whats App. Try to make traditional meals at home.



Self-Care and Meditations

Look up guided meditations, inspiring quotes, and inspirational stories on youtube or social media. Follow CAPS on Instagram for additional tips and resources, as well as attend our Virtual Workshops. Tap into your artistic side by drawing, painting, sewing, knitting, etc. Read a good book!



Spirituality

Connect via streamed worship services. Practice prayer/meditations. Maintain your spiritual routine if that fits for you.



Move Your Body

Excercise, stretch, and do yoga! Have a dance party from artists back "home."



Be Kind to Yourself

Give yourself some time to NOT be productive. Have realistic goals, especially if you are feeling overwhelmed or noticing that your focus and concentration may not be 100%. Give yourself permission to rest, relax, recharge and try again.

Find Ways to Laugh



Watch funny videos on Youtube. Connect with friends and family and tell funny stories. Attend virtual happy hours, game nights, or karaoke.