



Self-Soothing for the Anxious Soul: Thriving in a Pandemic

Q U I C K T I P S



Stay connected! Keep up with your friends and family through the phone and the internet. We need to stay connected to the REAL WORLD. The secret to social distancing is **Decreasing** contact while **Maintaining** connection.



GET OUTSIDE. Even if the weather is bad, try to get outside for 5 minutes a few times every day. Make sure you are following the changing local guidelines about spending time outside.



Limit TV time spent **on stressful topics** (like Coronavirus updates) as this only makes worries and anxieties worse.



Structure your days. Having a plan for the day can be very helpful. A day can sometimes seem like a year. Build your days into a calendar and do your best to blend your work and fun.



Remind yourself that *"I CAN stand it," "It won't last forever," "I will make it out of this,"* and **"this too shall pass."**



Take some time to list your skills/what you do well. Once you have your list, ask yourself: **"how can you use these skills to help others** who might also be struggling right now?"



Schedule some **exercise daily.** Make sure you are following the changing local guidelines about spending time outside. Examples: walking down the driveway, going on an extended walk or jog, walking your dog, or using equipment that you might have in your home.



Self-Soothe with the Five Senses: Seek activities and things that are soothing and comforting to all of your senses. Find activities that make you feel good. Be intentional.



If you are struggling with your physical or mental health due to this pandemic, **ASK FOR HELP**, whether it be from family, friends, or a mental health expert. *There is absolutely no need to suffer!*

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