Survival guide to self-care

How to Thrive During Uncertainty



STOW counseling

How to Thrive During Uncertainty

Times feel uncertain. During uncertainty, our actions need to be intentional. Thriving in this season is possible by implementing a few daily, simple self-care strategies.

GROW Counseling, based out of the Metro Atlanta area, developed this survival guide designed to help you engage in self-care during this difficult time. This tool will guide you to focus on elements within your daily activities you can control. It will help you stay grounded and intentional every day. The guide includes essential self-care strategies, extra self-care strategies, and other-care strategies. GROW Counseling has additional free resources for you at growcounseling.com/resources.

Many counseling centers are offering telemental health services at this time. This means counseling services are offered remotely via phone or video conferencing.



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essential self-care strategies Learn the essential self-care strategies necessary

Learn the essential self-care strategies necessary to thrive in this season.

extra self-care strategies

Discover extra self-care strategies that are the most helpful to you personally.

other-care strategies

Explore ways to take care of other people and create a list to use with your daily guides.

emotion regulation

Grow in your ability to identify your emotions. Every day you will be prompted to identify how you feel.

self-assessment journaling prompts

Take time to evaluate how you are handling this season and what you will need to thrive.

daily survival guides

Once you complete the above sections, you're ready to begin using the daily survival guides. There is an example to show you how to use the 15 guides.



essential selfcare strategies

The essential strategies to self-care include healthy sleep patterns, drinking plenty of water, exercise, getting fresh air, personal hygiene, and maintaining a daily routine. Each day you will be prompted to be intentional with each strategy.

healthy sleep patterns

Sleeping too little and sleeping too much can both cause emotional and mental distress. Consider implementing a consistent wake and bed time.

drinking water

A general recommendation of water intake is to drink eight glasses of water per day. If this is a challenge, set a goal to gradually increase your water intake over time. Track your water intake in the daily journal and see your progress.

exercise

Exercise is essential to self-care during uncertainty. Moving your body regularly can help you maintain healthy chemical levels in your brain. This can help you avoid spikes in depression and/or anxiety. Studies actually show that getting your heart rate up for as little as 30 minutes a day can have the same effect as taking an antidepressant! There are many types of exercise...walking, running, or doing a workout video are among the many! Consider picking a consistent daily exercise and trying a new type of exercise on the weekends.

essential selfcare strategies continued

fresh air

Getting outside at least once a day can help boost your mood. You'll have a reminder in your journal each day.

personal hygiene

Taking care of your personal hygiene helps provide normalcy. Even if you are not able to go out, consider getting ready just like you normally would.

emotion regulation

Regulating your emotions is essential during uncertainty. The first step in emotion regulation is being aware of how you feel. It's okay and normal to feel multiple emotions at one time, even if those emotions are contradictory. Make yourself aware of your emotions each day with the daily journal.

daily routine

Setting up a simple daily routine will help the days not blend together. It is helpful to set up a routine for weekdays and a different routine for weekends. This will help keep a feeling of normalcy during uncertainty. Remember, this is not a one-size fits all scenario. Do what works best for you!

extra self-care strategies

Adding one extra self-care strategy into your day can help keep you grounded, calm, and hopeful. Examples of extra self-care strategies include reading a book, lighting a candle, learning something new, etc.

Below make a list of extra self-care strategies you can do from home. The daily journal will prompt you to use one strategy from the list each day.

get inspired

Here's a list of extra self-care strategies you can use to get inspired to create your own list!

Soaking in the bathtub Planning my career

Recycling old items

Relaxing

Jogging, walking

Listening to music

Recalling past parties

Lying in the sun

Laughing

Thinking about my past trips

Listening to others

Reading magazines or

newspapers

Hobbies (painting, model

building, etc.)

Planning a day's activities

Eating

Practicing karate, judo, yoga

House projects

Working on my car (bicycle)

Cleaning

Remembering compliments

Praying

Having quiet evenings

Taking care of my plants

Doodling

Singing around the house

Arranging flowers

Sketching, painting

Doing something spontaneously

Playing musical instruments

Making a gift for someone

Cook a new recipe

Writing books (poems, articles)

Daydreaming

Refinishing furniture

Watching videos or DVDs

Making lists of tasks

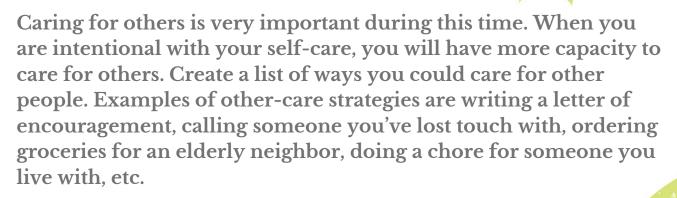
Completing a task

Thinking about my achievements

Exchanging emails

Playing cards

other-care strategies



ou to use one strategy from the li
t's at

emotion regulation

Regulating your emotions will be important during this time. Below make a list of every emotion you can think of. Each day, your journal will ask you to identify how you feel. Use the list as a reference to help you identify every feeling.

self-assessment journaling prompts

Before you begin using the daily survival guide, take some time to respond to the following journaling prompts.

respond to the following journaling prompts.	
During uncertainty, fear is normal. What level would I rate my current fear and why?	
What currently feels out of my control? How can focus my mind on things I can control?	
How well am I taking care of myself right now?	.5
	T.

self-assessment journaling prompts

What is helpful about watching to the second	
How much time spent water me personally?	ching the news is best for
Do I need anything urgentleme to get what I need?	y? Is there a safe way for

daily survival guide to self-care example

date:

3/16/2020

day of the week:

Monday

I'm thankful for:

tacos

today I feel:

concerned thankful overwhelmed hopeful water intake:

exercise plan:

go for a walk

extra self-care strategy:

light a candle

other-care strategy:

call a relative

what is something I'm currently looking forward to?

I'm looking forward to summer and for things to calm down. don't forget to get some fresh air today!

There's a lot going on that can be destructive and scary, but these circumstances can also create some great opportunities to connect with people in our lives.

Don't miss out on them! - Wendy Dickinson, Ph.D, Licensed Psychologist

date:	day of the week:	I'm thankful for:
today I feel:	water intake	
	exercise pla	n:
extra self-care strate	egy: other-care	strategy:
		11. 13.
What am I currently	looking forward to?	don't
		forget to get some fresh air today!

There's a lot going on that can be destructive and scary, but these circumstances can also create some great opportunities to connect with people in our lives.

Don't miss out on them! - Wendy Dickinson, Ph.D, Licensed Psychologist

date:	day of the week:	I'm thankful for:
today I feel:	water inta	ke:
	exercise pl	an:
extra self-care strat	egy: other-car	e strategy:
What do I want to c	ıccomplish today?	don't
		forget to get some fresh air today!

date:	day of the week:	I'm thankful for:
today I feel:	water intak	10 2
	Water Intak	
	exercise plo	an:
extra self-care strat	egy: other-care	e strategy:
What sounds fun to	me right now?	don't
		forget to
		get some
		fresh air today!
		today;

date:	day of the week:	I'm thankful for:
today I feel:	water inta	
extra self-care strate	egy: other-car	re strategy:
What could I organiz	ze today?	don't forget to get some fresh air today!

date:	day of the week: I'm thankful for:
today I feel:	water intake:
	exercise plan:
extra self-care stra	itegy: other-care strategy:
	34.00
How could I encou	rage someone today? don't

date:	day of the week:	I'm thankful for:
	, and the second	
today I feel:	water inta	
extra self-care strat	egy: other-car	re strategy:
What have I been p could do today?	utting off that I	don't forget to
		get some fresh air today!

Routines can be really helpful to us during times of stress and crisis by providing structure and predictability. Think about what parts of your day are helpful routines and how we can reclaim those routines to help keep us grounded.

- Wendy Dickinson, Ph.D, Licensed Psychologist

date:	day of the week:	I'm thankful for:
today I feel:	water into	
extra self-care stra	ıtegy: other-ca	re strategy:
Am I sticking to my	daily routine?	don't
		forget to get some fresh air today!

Self-care begins with taking care of your basic needs including eating, sleeping, bathing, and medical needs. -Ann Sheerin, LPC

date:	day of the week:	I'm thankful for:
today I feel:	water into	ıko.
	water into	
	exercise p	lan:
	- 11	A Property of the Parket
extra self-care strate	egy: other-ca	re strategy:
		A
		7. 125
What is a new thing	I could try today?	don't
		forget to
		get some

Gratitude grows when we focus on what we have, rather than what we don't – my favorite coffee mug, clean sheets on the bed, a warm scarf, a crisp apple, or the sunlight coming through the trees.

- Wendy Dickinson, Ph.D, Licensed Psychologist

date:	day of the week:	I'm thankful for:
	, and the second	
today I feel:	water inta	lko
	Water into	
	exercise pl	an:
extra self-care strate	egy: other-ca	re strategy:
How well am I taking personal hygiene?	g care of	don't
		forget to get some fresh air today!

date:	day of the week:	I'm thankful for:
today I feel:	water inta	
extra self-care strate	egy: other-car	re strategy:
What would be best	to avoid right now?	don't forget to get some fresh air today!

Coping resources are the way we take care of ourselves and manage the stressors in our lives. They can bring a sense of peace in your life and give you the ability to deal with the things going on in your life!

- Wendy Dickinson, Ph.D, Licensed Psychologist

date:	day of the week:	I'm thankful for:
	<i>y</i>	
today I feel:	water intal	50 °
	Water inta	
	exercise plo	an:
	- 11	
	- 11	
extra self-care stra	tegy: other-car	e strategy:
How could I make to	oday fun?	don't
		forget to get some fresh air today!

date:	day of the week:	I'm thankful for:
	<i>Y</i>	
today I feel:	water intak	
	water intak	
	exercise pla	in:
extra self-care strat	egy: other-care	strategy:
		12 60
		11.72
Who could I connect	with today that I miss?	don't
		forget to
		get some
		fresh air
		today!

While trying to stay apart from people physically, it is important to maintain our relationships and social connections. Don't isolate!

Who brings life to you and helps you stay calm? Stay connected to them!

- Wendy Dickinson, Ph.D, Licensed Psychologist

date:	day of the week:	I'm thankful for:
today I feel:	water intak	re:
	exercise plo	in:
extra self-care strate	egy: other-care	e strategy:
What am I thankful fo	or today?	don't
		forget to get some fresh air today!

There are two main types of coping strategies: avoidant and active. Avoidant could include excessive drinking, shopping, gambling, or numbing out on social media. Active coping skills require that we engage in something different, rather than remaining in stress. -Kim DeRamus Lareau, LPC, CPCS

date:	day of the week:	I'm thankful for:
today I feel:	water inta	ko
	exercise pl	an:
extra self-care stra	tegy: other-car	e strategy:
What do you want today?	to complain	don't
		forget to get some fresh air today!

date:	day of the week:	I'm thankful for:
today I feel:	water into	
extra self-care strat	egy: other-ca	re strategy:
What are you hopefo	ul for?	don't forget to get some fresh air today!

Stress has an enormous negative impact on our immune system. One of the most important things we can do in a time like this is to take our level of stress down. How do we manage our stress? We increase our coping resources and protect our environments.- Wendy Dickinson, Ph.D, Licensed Psychologist