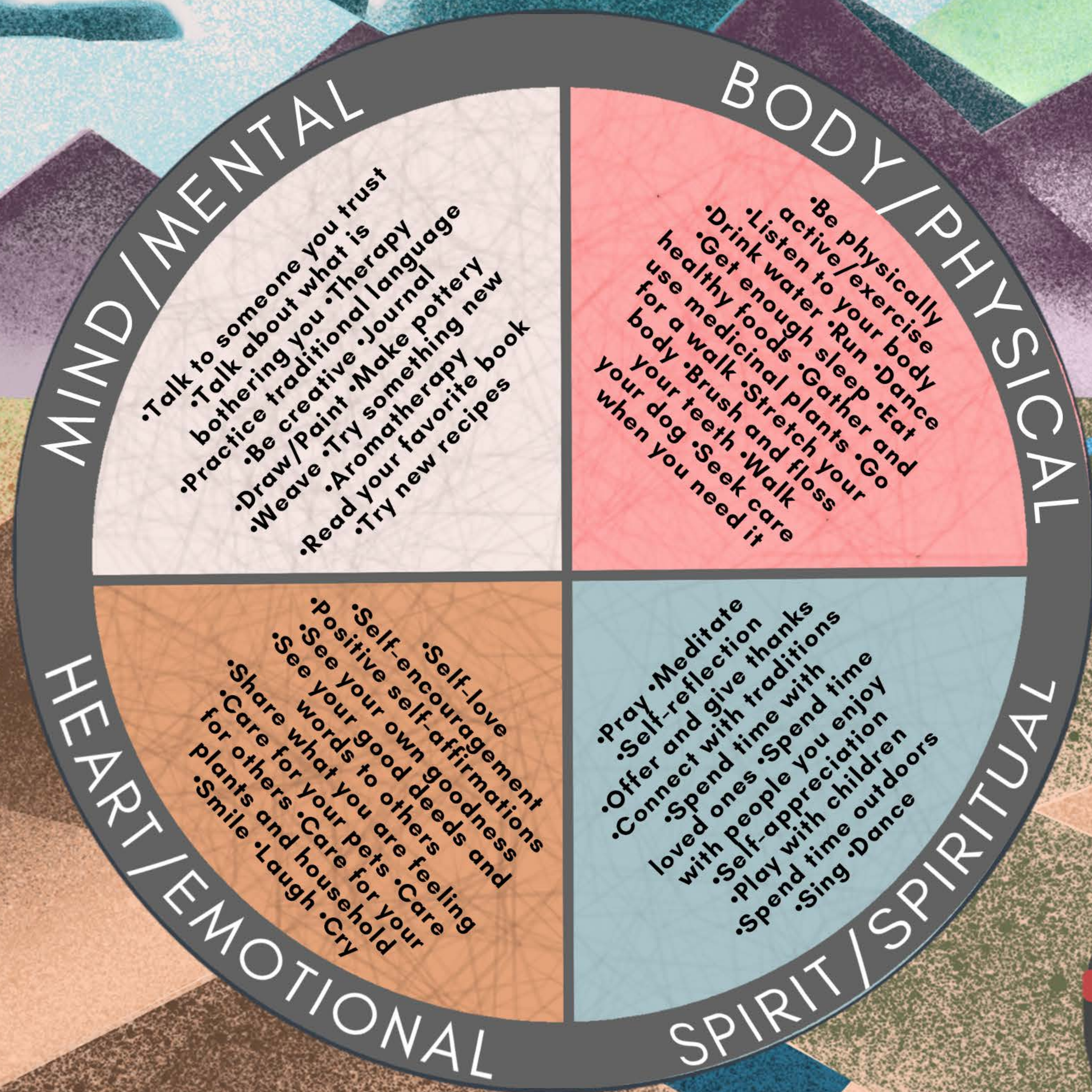


# LOVE

*Self-Care* is community care for **OUR** collective wellness

**HOLISTIC SELF-CARE TIPS-** Self-care is more than bubble baths, it is about how you approach all aspects of your life—mind, body, spirit, and heart. Here are some tips to try:



**BREATHE FOR SELF-CARE-** Simple breathing exercises daily can strengthen and soothe the mind, body, spirit, and heart, and can increase your immunity. Try this exercise:



When doing your regular daily activities, be aware of breathing through your nose.



Next, try and expand your stomach outward on the inhale breath, then on the exhale push your stomach in gently.



Practice a few times a day in your favorite relaxed position. Try it standing, or try it sitting down on the edge of a chair with your back straight and with slightly open legs.





## WORKPLACE SELF-CARE TIPS

1. Set and keep professional boundaries
2. Balance your work schedule and life demands so you are not overwhelmed
3. Make time throughout the workday for self-care breaks (i.e. lunchtime or afternoon walk; social time with co-workers; listening to relaxing music)
4. Create a healthy workspace for yourself
5. Make a short list of top priorities for each day
6. Minimize procrastination and maximize sense of control
7. Before saying yes to a project or assignment, first think about your needs and available resources, and if it will lead to overextending yourself

## MENTAL SELF-CARE QUESTIONS

Take time to see where you are with your mental self-care by answering the following questions:

- Do you regularly learn new things?
- Do you have a way to be creative?
- Can you make a mistake without being hard on yourself?
- Do you know healthy ways to help yourself with stress and how to use them?

## WORKPLACE SELF-CARE QUESTIONS

Take time to see where you are with your workplace self-care by answering the following questions:

- Am I in touch with my feelings? Do I recognize and see them?
- Do I affirm my right to experience all my feelings?
- Do I know how to express my feelings in a healthy way?
- Do I "numb out" uncomfortable feelings?
- Do I have a plan for when I feel overwhelmed with my feelings?
- Do I practice self-compassion?

## RESOURCES

- **Stop Fighting Your Negative Thoughts**  
<https://www.psychologytoday.com/us/blog/shyness-is-nice/201305/stop-fighting-your-negative-thoughts>
- **50 Strategies to Beat Anxiety**  
<https://www.psychologytoday.com/us/blog/in-practice/201503/50-strategies-beat-anxiety>
- **Learn Mindfulness of Breathing**  
[https://ggia.berkeley.edu/practice/mindful\\_breathing](https://ggia.berkeley.edu/practice/mindful_breathing)
- **50 Self-Care and Workplace Wellness Ideas for You, Your Team, and Your Company**  
[https://www.inhersight.com/blog/insight-commentary/self-care-and-workplace-wellness-ideas?\\_n=93815906#](https://www.inhersight.com/blog/insight-commentary/self-care-and-workplace-wellness-ideas?_n=93815906#)
- **Self-Care Tips When Working from Home During an Emergency**  
<https://www.flexjobs.com/blog/post/self-care-tips-work-from-home/>
- **Your Work-From-Home Survival Guide for Self-Care**  
<https://www.everydayhealth.com/healthy-living/your-work-from-home-survival-guide-for-self-care/>



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TRIBAL EPIDEMIOLOGY CENTER  
[WWW.AASTEC.NET](http://WWW.AASTEC.NET)

WHERE SHOULD I GO FOR THE MOST UP-TO-DATE INFORMATION?



[www.cdc.gov/coronavirus](http://www.cdc.gov/coronavirus)



[www.coronavirus.gov](http://www.coronavirus.gov)



1-855-600-3453  
Coronavirus Hotline



[www.ihs.gov](http://www.ihs.gov)