Self-care guide. Use this as a guide for making your self-care plan. We've already listed some examples for you, but feel free to use your own ideas for staying healthy and less stressed during this time.

Taking care of you:

1. What sorts of things are stressful for you right now?

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2. Of these things, what can you control, and what can't you control?

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- How can you deal with stressful things in your control in a healthy way?

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Examples:
1. Healthy communication: Ex: respectfully asking siblings not to interrupt you when you're working on something, setting a time limit for how much you talk about Covid-19, talking about personal boundaries with other people in the house.
2. Having your own space: finding a place to be when other people in the household are grumpy, making a space for getting work done, having a place in the house where you can relax and have "me" time.

- How can you deal with stressful things in your control in a healthy way?

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Examples:
1. Healthy limits for news: Ex: limiting time spent reading news/social media to 15-30 minutes a day, making sure news is from reputable news sources.
2. Taking care of your body: ex: getting enough sleep, taking walks/getting exercise, eating healthy food if possible.
3. Taking care of your mind: ex: video chatting with friends, coloring, listening to music, doing a puzzle, reading a book.

Taking care of each other:

1. What can you do to help around the house? Examples: Doing dishes, doing laundry, cooking- now is a great time to learn to do these things!

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2. How can you stay in touch with friends and family? What are some things you can do for fun over phone or video call? Examples: watching movies together, cooking the same meal over video call.

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Taking care of work:

1. How many hours a day can you spend on work and school?

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2. What does that daily schedule look like?

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3. What do you need to be able to get that work done? Examples: Examples: quiet place to work, music, few of interruptions, 2 hours on the computer

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