



# Resources for Self-Care\*



- 📌 CDC Self Care if you think you have COVID & Symptom Checker  
<https://www.cdc.gov/coronavirus/2019-ncov/if-you-are-sick/steps-when-sick.html>
- 📌 Coping with Stress (lots of phone resources/hotlines & handouts & Children's resources)  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- 📌 Self Care for People of Color after Psychological Trauma  
<http://www.justjasmineblog.com/blog-1/self-care-for-people-of-color-after-emotional-and-psychological-trauma/>
- 📌 Emotional Well-Being During COVID Webinar Series UCSF (good suggestions)  
<https://psych.ucsf.edu/copingresources/webinars>
- 📌 How to Exercise at Home During COVID (brief workout suggestions)  
<https://www.verywellfit.com/best-ways-to-exercise-at-home-1231142>
- 📌 Mental Health First Aid (how to and resources)  
<https://www.mentalhealthfirstaid.org/2020/05/the-importance-of-maintaining-a-routine-while-at-home/>
- 📌 12 Outdoor Activities when you need to get out of the house  
<https://www.self.com/story/safe-outdoor-activities-coronavirus>
- 📌 Self-care has never been more important (Suggestions!)  
<https://www.apa.org/monitor/2020/07/self-care>
- 📌 Zoom Exhaustion is Real (Methods to Avoid!!!)  
<https://www.mindful.org/zoom-exhaustion-is-real-here-are-six-ways-to-find-balance-and-stay-connected/>
- 📌 Center for the Study of Traumatic Stress (To Support Helping Professionals)  
<https://www.cdc.gov/coronavirus/2019-ncov/daily-life-coping/managing-stress-anxiety.html>
- 📌 Self-Care by Guy Winch – Ted Talk & Article  
[https://www.ted.com/talks/guy\\_winch\\_why\\_we\\_all\\_need\\_to\\_practice\\_emotional\\_first\\_aid?referrer=playlist-the\\_importance\\_of\\_self\\_care](https://www.ted.com/talks/guy_winch_why_we_all_need_to_practice_emotional_first_aid?referrer=playlist-the_importance_of_self_care)
- 📌 Spiritual Self-Care  
<https://thelifestylemy.com/how-to-practice-spiritual-self-care/>
- 📌 Adventist Resource – Creation Health/AdventHealth  
<https://www.adventhealth.com/creation-life>
- 📌 Health Behaviors Promoted by the **Seventh-day Adventist** Church for more than 100 years (not smoking, eating a plant-based diet, eating nuts several times per week, regular exercise, and maintaining normal body weight) increases life span – “Blue Zone” research  
<https://www.bluezones.com>

\*Puppies & Kittens *almost always* reduce stress, especially if you take them for long walks & pet them (my dogs told me to say that part!)