

# Steps to Care for YOU!

Self help and taking time for you is so important, especially during this time. We encourage you to consider these tips, and reach out if you need help. We are here for you.



## TAKE CARE OF YOUR BODY

Try to eat healthy foods, drink water, exercise regularly, get plenty of sleep, and avoid excessive amounts of caffeine and alcohol. Refrain from tobacco or illegal drugs. Make sure you are getting enough sleep and rest. Get physical exercise.

## TAKE BREAKS

Make time to unwind. Try returning to activities you enjoy.

## USE PRACTICAL WAYS TO RELAX

Relax your body often by doing things that work for you—take deep breaths, stretch, wash your face and hands. Pace yourself between stressful activities, and do a fun thing after a hard task. Use time off to relax—eat a good meal, read, listen to music, take a bath, or talk to family.

## PRAYER

Take time to renew your spirit through prayer.

## MAINTAIN A SCHEDULE

We are in uncharted territory, and that can feel tenuous. Predictability is difficult. Make a new routine during this time. Create a daily schedule: bathing, eating, sleeping, working, relating, exercise, social interaction.

## BREATHE!

Focus on your breath. Inhaling through your nose for four counts, holding for one count, exhaling through your mouth for six counts. Ten cycles of this this breathing can decrease cortisol levels.

## AVOID

Avoid excessive exposure to media coverage.

## MAINTAIN POSITIVE THOUGHTS

It is too easy for our thoughts to cascade into catastrophe. Though this time is challenging, not everything is permanent, pervasive, or personal. Balance the reality of the situation with gratitude.

## BE IMAGINATIVE AND CREATIVE

Imagination can be both a terrible and terrific human feature. It can convince the worst is upon us, it can also save us from depression and anxiety. When you feel overwhelmed, use your imagination to draw upon meaningful, peaceful, safe, carefree, experiences.

## RELATE, RELATE, RELATE

Reach out to friends, family, and members of your church and other communities. Invent creative social interactions. Physical distance does not have to equate to social isolation. We can teach, embody, and embolden the people around us to create and be a community.

### Reach Out with Our Employee Assistance Program

Phone or video consultations with licensed counselors are available | Call 1-888-319-7819 (available 24/7)  
Visit [metlifeep.lifeworks.com](https://metlifeep.lifeworks.com) | Download MetLife app | Username: metlifeep | Password: eap