## **Small Acts of Self Care During COVID-19**

Dance

Get enough sleep

Go for a walk outside

Collect some medicines

Practice social distancing

Eat a good meal & stay hydrated

Sing a song

Read a book

Learn something new

Take some "me" time

Stick to a routine

Take a social media break

Spend time with loved ones

Write down your thoughts

Call a friend or relative

Ask for support

Listen to music

Laugh it out

Join virtual spiritual events

Pray for your relatives

Be outside in nature

Make prayer ties

Phone an Elder

Smudge





