Premier Health
Premier Community Health

Coping with COVID
Self-Care isn't selfish, COVID-19 is!

Use this 30 day self-care challenge to help you Cope with COVID.

Start a journal: Write down 10 things you are grateful for.	Go to bed 30 minutes earlier than usual.	Take a 15 minute walk outdoors.	Call someone you love.	De-clutter a room or a desk.
Spend the day Social Media free.	Journal Day: Write a list of short-term goals.	Make the most epic, creative salad you can imagine.	Slow down. Sit and watch the sunset or sunrise.	Get rid of 5 things you never use.
Listen to your favorite song when you were 15 years old.	Unsubscribe from unnecessary emails.	Journal Day: Using 10 words, describe yourself.	Send an encouraging text message to 5 coworkers.	Wake up 30 minutes earlier to meditate, pray or self-reflect.
Catch up on a podcast.	Make time for a wholesome breakfast.	Journal Day: On a scale of 1-10, my mental health is currently at a _____	Do that thing you've been putting off.	Don't overthink. Practice being present.
Journal Day: Share something you are proud of.	Try this mindfulness technique: eat an orange slowly, segment by segment. Focus on the taste, touch, sight & smell.	Say the mantra, "I am confident in my decisions."	Forgive yourself.	Journal Day: Right now I am being challenged by...
Unfollow social media accounts that do not bring you joy.	FaceTime or video chat with family.	Try a 5-minute meditation on the 10 Percent Happier app.	Journal Day: Make a list of everything you'd like to say no to.	During this crisis, talk to someone you can trust: EAP*, Crisis Hotline, Family & Friends

*If your company utilizes Premier Health's Employee Assistance Program (EAP), you can reach them by calling 937-208-6626.