**Coping Skills: Practicing Stress Management and Self-care during COVID-19**

Individuals affected by COVID-19 have experienced elevated stress levels. This is due to significant changes in schedule, communication, isolation and health management. Practicing coping skills is an effective approach to manage stress through daily activities and weekly plans. Stress management strategies are actions and tools we use to address our stress levels for a better quality of life.   The great thing about stress management is that it can be tailored to our individual needs and preferences. A great approach to stress management is practicing self-care.

Self-care is an intentional act of caring for our physical, mental, emotional, spiritual needs. Look below and list 5 actions of self-care you can make for each section.

Physical Self Care (walk, exercise, nutrition, sleep)

1.

2.

3.

4.

5.

Mental (Take breaks as needed, use mental health services, puzzles and brain games)

1

2

3

4

5

Emotional (set boundaries, practice mindfulness, journal)

1

2

3

4

5

Spiritual (prayer, meditation, reading spiritual materials)

1

2

3

4

5

**Activity Schedule**

Activity schedules can be a helpful visual tool to use when planning self-care. Look below and enter 3-5 self-care activities you can schedule for your week.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Sunday | Monday | Tuesday | Wednesday | Thursday | Saturday |
| ***Example:***  *Eat Breakfast*  *Go for walk* |  |  |  |  |  |

**To speak with someone in the Colorado Spirit Program about stress related to the pandemic, please call 720-707-6789 or visit our webpage at** [**www.allhealthnetwork.org/Colorado-Spirit**](http://www.allhealthnetwork.org/Colorado-Spirit)