The pandemic has changed us all, including the people who live here.

THINGS YOU CAN DO FOR YOURSELF

1. **Don’t believe anything your mind tells you unless it is:** I AM DOING THE BEST I CAN IN A VERY DIFFICULT TIME. Be as kind to yourself as you would be to your most vulnerable patient.
2. **Eat, sleep, move, go outside.** Do 4 deep, mindful breaths. Walk outside if you can. Keep nourishing snacks accessible. Go to bed and wake up in a normal routine. Exercise, preferably in the sunlight - 10 minutes still counts! Yes, EVERY DAY.
3. **Connect with peers.** Identify a battle buddy/buddies, preferably a peer outside your location who knows what you’re going through. Do it formally. Agree to minimally check in with each other once a day to listen and validate.
4. **Recharge. Unplug.** Put your phone in a phone hotel for a set time while you spend time with family or friends at home or virtually – every day, no matter how brief. Watch TV, read a book – just take a break! Check out of the 24/7 news cycle by scheduling news hours (instead of the other way around).
5. **Stop the anxiety loop.** What we practice we perfect. Anxiety is contagious. Now is not the time to make negative thinking worse. Stop the cycle. Stay in the oft-difficult present which is rarely as bad as what we fantasize.

**R-A-I-N**

for self-compassion

- **R** RECOGNIZE (FEELINGS, EMOTIONS, MUSCLE TENSION...)
- **A** ALLOW THE EXPERIENCE (IT IS HAPPENING, DON’T RESIST)
- **I** INVESTIGATE WITH INTEREST AND CARE (WHAT IS ACTUALLY HAPPENING RIGHT NOW?)
- **N** NURTURE WITH SELF-COMPASSION (AND NON-JUDGMENT)

**COLORADO CRISIS LINE**

Free and Confidential! Call 844-493-TALK (8255) or text TALK to 38255

CHECK OUT COVID-19 RESOURCES


OR SCAN ME!

Scan ME for a copy & more!