

Suggestions for taking care of yourself during the pandemic from Shastri and Psychotherapist Marita McLaughlin

Ways for self-regulating your nervous system:

- feel both of your feet on the ground
- connect with your sense perceptions, what are you seeing, smelling, hearing, tasting and touching?
- Feel your breath coming and going
- Use 4(inhale)-7(hold)-8(exhale) breathing
- Trace the outline of your fingers of one hand with the index finger of the other hand to breathe, i.e., inhale while tracing upwards to the tip of a finger/thumb, exhale while tracing downward – does this 5 times in a row at least 3 times a day - don't wait until you're feeling activated

Things to do with unstructured time:

- meditate, contemplation
- yoga, qigong, stretching, some form of physical movement
- call that friend or family member you've been meaning to reconnect with
- read or finish reading that book at your bedside
- look up at the sky while standing outside or via a window for at least 30 seconds
- sew the button on the shirt that's been waiting for you
- sort out that junk drawer you've been wanting to do

Ways to stay connected with yourself and others while Social Distancing:

- refrain from staying in your sleep wear/lounge clothing all day – upon waking in the morning, dress for work or whatever activity you would be doing outside the house – this will help to keep you from slumping into a dorsal or shut down state as if you're sick or going to sleep
- enjoy a virtual meal, tea/coffee or drink via video with a family member, friend or neighbor, whether they live far away or in the same town/neighborhood (Zoom, FaceTime, Skype, What's App, or phone) – you may discover someone can be your “quarantine buddy”
- if you and/or your partner/housemate are working from home, create a work schedule, when is the best time to start your work day, have lunch/snack time, and ending the work day so that you're able to sustain a “working” environment
- take daily walks outside yet away from groups – allow your sense perceptions to experience the environment