

COVID-19:

Special information



TAKING CARE OF YOURSELF DURING STRESSFUL TIMES

When you have a lot to do, self-care may seem like a luxury, or even kind of selfish. In fact, the opposite is true. Prioritizing your health and well-being allows you to perform your best work, be there for those you love, and be a better spouse, friend, and parent.

Self-care means different things to different people. In general, it's about taking the time to do something that makes you feel good. Here are some quick and easy ideas to get you started:

- Take three deep breaths when you're feeling stressed.
- Listen to your favorite music.
- Take a short walk or bike ride.

- Take a break from social media for 15 minutes—or the whole day!
- Call a friend or loved one.
- Set up a video chat with someone you care about.

Practicing self-care means tuning in to your emotions and stress levels and recognizing when you need a break. When you start feeling your energy getting low or your stress level going up, get in the habit of asking yourself, "What do I need right now?"

For more information on how to manage your stress, contact a health coach and work together on a plan. Call **1-866-778-6073** (TTY: **711**) to speak to a health coach or log in to *MyHealth OnLine* to chat.

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ATENCIÓN: Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-855-869-7228 (TTY: 711).

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