

The Importance of Self-Care During a Crisis

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It's normal to feel overwhelmed during stressful times in our lives, not just during the coronavirus pandemic. Here are some ideas that can help ground your energy during any challenging situation you may find yourself in.

1. Exercise

This does not need to be time consuming. Walking 10 minutes outside during the day can help clear your mind. Being outside can provide a mid-day recharge.

2. Get Into a Routine

Eat regularly and prioritize sleep.

3. Unplug

Make rules around screen-time and watching the news—we can all get sucked in.

4. Spend Quality Time with Family

With social distancing, it's easy to feel isolated so it's an ideal time to be present with one another. Break out board games, do projects and engage teenagers in new ways to help.

5. Meditate

Taking a pause for three deep breaths during the day has been shown to decrease adrenaline and help focus. This can be done by breathing in for a count of three and out for a count of five.

breathe

6. Journal

Writing down what is spinning in your head can clear your mind and help with sleep. This can be in the form of a to-do list or a few items of gratitude.

7. Talk with One Another

We need to support each other. You are not alone. We all have different skills, comfort levels and places we are in our lives. Be as compassionate to yourself as you are to others.

8. Stay Connected

Reach out to friends and family through phone calls, text or video chat.



Stay Healthy—Wash Your Hands! (The Right Way)

Handwashing is quick, simple and can keep us all from getting sick.

HOW to wash your hands:

- Wet** your hands with clean, running water (warm or cold), turn off the tap, and apply soap.
- Lather** your hands by rubbing them together with the soap. Be sure to lather the backs of your hands, between your fingers and under your nails.
- Scrub** your hands for at least 20 seconds. Need a timer? Hum the "Happy Birthday" song from beginning to end twice.
- Rinse** your hands well under clean, running water.
- Dry** your hands using a clean towel or air dry them.

WHEN to wash your hands:

- Before, during, and after preparing food
- Before eating food
- Before and after caring for someone sick
- Before and after treating a cut or wound
- After changing diapers or cleaning up a child who has used the toilet
- After using the toilet
- After blowing your nose, coughing or sneezing
- After touching an animal, animal feed or animal waste
- After handling pet food or pet treats
- After touching garbage



Handwashing is a win for everyone, except the germs.