

Practicing Wellbeing during COVID-19



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For Yourself ...

1. Recognize the challenges of isolation on your wellbeing.
2. Make a list of self-care options that nurture.
3. Call for support from a counsellor, elder or someone you trust.
4. Find two positives for every negative.
5. Notice if you have slipped into unhealthy coping mechanisms.
6. Utilize temporal distancing to image 1-5 years with a vaccine.
7. Take a timeout within your sacred space / create one.
8. Breathe ... drink water ... eat ... sleep ... stretch ... meditate.
9. Identify five things you are grateful for at the end of each day.
10. Practice self-compassion by telling yourself:
 - I am having a human experience
 - Anyone would feel this way
 - Now, how am I going to love myself through this?

For Your Family ...

1. Make a family plan; this is a time to support one another.
2. Be a role model.
3. Take time to talk and answer questions honestly and openly.
4. Reassure children they are safe.
5. Speak softly and use humor.
6. Limit exposure to news coverage of the event.
7. Create healthy routines for diet, exercise, sleep, rest and play.
8. Organize your home and supply it with books, board games, cards, puzzles, photos/albums and crafts.
9. Turn to one another with your hearts.

