



Caring for Your Physical Wellbeing During Times of Crisis

When you're anxious, depressed, or traumatized by difficult events, taking care of yourself can be incredibly challenging. Prolonged periods of intense stress can play havoc with your routine, often disrupting the everyday activities that provide you with a sense of stability. Here are some self-care tips to support your mind and body during difficult times.

Movement

It might not be safe or possible to follow your usual exercise routine right now. Small, gentle movements may help to ease tension, relieve stress, and lift your mood, and you don't need any equipment. Try some light stretches, chair exercises, or even breathing exercises to reconnect with your body.

Nutrition

Regular mealtimes may not be possible and, depending on the situation, your ability to buy, cook, and prepare food may be compromised. It's very common to lose your appetite when you're under considerable stress, too. If you can, try to eat small, simple, nutrient-rich meals, and stay hydrated with plenty of water or herbal teas.

Rest

Stress can send your body into a state of high alert, which can make it incredibly difficult to relax. You may also have trouble sleeping, especially if you're missing the key components for a good night's sleep, like quiet, comfort, and a clear mind.

Getting enough sleep is crucial for both your physical and mental wellbeing, and even short naps can be beneficial. If worries are keeping you awake, improve your chances of a restful night by avoiding the news, and putting your phone out of easy reach.

Things to avoid:

Try grounding activities

- Excess caffeine or alcohol: while these may feel helpful when you're under stress, they can disrupt your sleep, and increase anxiety.
- Too much media exposure: staying informed during a crisis can be crucial for your safety, but continuously checking the news can make you feel even more stressed.
- Pushing yourself too hard: Keeping busy might distract you, but pushing yourself too hard without enough rest can exhaust your energy resources, which may already be limited.

No matter what you're going through, Lyra can help. A mental health professional can offer additional resources, useful perspectives, and hope. Scan the QR code to open the Hub and access your mental health services today.

