

# TIPS TO PRACTICE SELF CARE & REDUCE ANXIETY & STRESS AT HOME

## Burn a Candle or Diffuse Essential Oils

Calming scents include: Lavender, Rose, Bergamot, Chamomile, Frankincense, Orange Blossom and Geranium.

## Reduce Your Caffeine Intake

People's sensitivity to caffeine can vary, but generally, increased intake can cause anxiety.

## Practice Gratitude

Each day take time to reflect and write down a few things you are grateful for.

## Listen to Soothing Music

Slow-paced instrumental music can induce the relaxation response by helping lower blood pressure and heart rate.

## Practice Deep Breathing

Deep breathing can help activate your parasympathetic nervous system, which controls the relaxation response.

## Spend Time with Your Companion

Pets provide championship and can help to improve your mood.

## Meditate and Practice Mindfulness

Free Mindfulness Apps: Headspace, Calm, Aura, Stop, Breath, Think, and Insight Timer.

## Limit Time on Social Media and Watching The News

Schedule intentional breaks from social media and news outlets.

## Exercise

See the At Home Exercise Guide Linked on My Health Onsite Wellness E-Newsletter.

## Connect Virtually

Send a loved one a letter, Facetime with friends and family, move book clubs, small groups and gatherings to web meetings.

## Check Off To-Do List

Use free time to complete projects around the house or clean out drawers and closets.

