

SANCTUARY TIPS FOR OUR EVER-CHANGING ENVIRONMENT

It is definitely an interesting time that we are experiencing. As members of the human family, we are challenged by these changes in a variety of ways. Here at The Sanctuary Institute, we are aware that the state of our world is producing many emotions and feelings, a lot of which are related to the universal experience of trauma, chronic stress and adversity. While this time is proving difficult, it is also presenting us with opportunities to engage our trauma-responsive theory. Now is the time to use what we have been learning and studying. This is not a test. It's go time!

As the model often reminds us, self-care is not only preventative but it is also curative. So no matter where you find yourself, trying not to get stressed, triggered or traumatized or have already been impacted, we want to provide you with some ideas that may help you respond to the ever-changing world in which we are living. The ideas below are merely suggestions and are not exhaustive by any means. We hope that they spark your creativity and innovation; if so, please share with us and others the things that you do to practice self-care. Together, we can endure. As the saying goes, "Tough times don't last, but tough people do."

- 1 Exercise is a wonderful way to manage stress, clear our minds and fuel our bodies. There are a lot of free exercise classes on YouTube. A few to start with include Yoga with Adriene, Pop Sugar Fitness and Body Project. There are also free exercise apps that can be selected from the App or Google Play Store.
- 2 Take advantage of the many free Webinars and Podcasts that can help you practice social learning and keep up on interesting topics as well as learn something new. Some colleges are offering online courses that you can participate in for free. Here's a link: <https://www.freecodecamp.org/news/ivy-league-free-online-courses-a0d7ae675869/>
- 3 Practicing Mindfulness is another wonderful way to practice emotional intelligence and help manage stress and other feelings we may be experiencing during these times. Apps such as CALM and HEADSPACE are a few meditation resources.
- 4 Use FaceTime, Skype, and other video formats that allow you to see and converse with others while still maintaining the social distancing mandate. Plan a Happy Hour, Book club or Coffee date using this format.
- 5 Plan an at-home spa day for you and your family members. Watch how-to tutorials (i.e. make-up, haircare, skincare, etc.). Social learning at it's finest.
- 6 Create an on-going list of things for which you are grateful.
- 7 Be socially responsible through practicing acts of kindness. Send a text or email to a friend or family member. Reach out to neighbors or others who may not have support close by.
- 8 Convert the community meeting to a personal check-in tool by asking yourself the three questions at various times throughout the day. Teach this tool to other people in your lives. They will benefit from the intervention as well.
- 9 Make a daily to-do list; try to limit it to five to seven items. Celebrate when you complete it and don't judge yourself if you don't.
- 10 Try to keep a schedule to maintain a work-life balance. While it does not have to be strictly adhered to, it's important to set boundaries for how long we work and when we get to play.
- 11 Focus on life after COVID-19 by making goal lists or vision boards.
- 12 Try out new recipes and pull out those old cookbooks. Connect with friends and family to try recipes from other cultures, traditions, etc.
- 13 Utilize online platforms for mental health services. Check with your insurance providers to see what resources are available for you.
- 14 Take selfies and pictures to commemorate things that are still happening during this time.

We'll be in touch next week with more ways the Sanctuary model can be a valuable resource during these stressful times. Stay safe and healthy!



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