

One Minute Self-Care Breaks

You are a human being. Don't burn out.

In the middle of this extraordinary public health crisis, the pressure to be a superhero can be overwhelming. You're not a superhero. Make new habits that remind you of your own needs. These might help:

Goal #1

Get present.

Whether we are working on a material problem, making observations, or imagining and planning for future issues, it is very easy to lose a sense of our own experience. Allow yourself to feel the floor beneath your feet, or the chair beneath your thighs and at your back. Notice three sounds in your environment. Name them to yourself. Notice three things in your environment that you can see. Name them to yourself. Breathe deeply and notice any smells, and name them. You are present, here, in this moment.

Goal #2

Feel what you feel.

When we notice and claim our feelings, they can help reorient us to our immediate experience and make important choices about it. Ask yourself: what do I feel right now? And then ask: Why am I feeling this way? Some questions that might help to clarify: What just happened? What is happening right now? What do I imagine will happen in the future? Repeat this from time to time throughout the day.

Goal #3

Connect.

We need to know that we are not alone, and when we are struggling we often turn away from others. Reach out to someone you know. It could be someone on the job or someone in your life outside. Send them a text message (or, better, a voice memo) telling them you're thinking of them, perhaps that you're grateful for them. If you can offer to make a plan to connect -- even for a five minute call on your way home -- do it.