Helpful Tips for Well-Being With Social Distancing

Realizing we have control over many areas of our lives and how practicing well-being and self-care can help us tremendously.

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When dealing with the challenges, and strain from social distancing, it is difficult to be restricted and isolated. Adjusting and developing good habits is necessary for your well-being and self-care.

With social distancing precautions, chronic conditions, hepatitis C and liver disease, it can feel like our lives are out of control, and anxiety can escalate with dealing with the 'what-ifs' of the unknown.

Realizing we have control over many areas of our lives and how practicing well-being and self-care can help us tremendously.

8 Helpful Tips to Practice Daily

- Develop a daily schedule: You can control your daily schedule and personal care. Get up and go to bed at the same time each day. Avoid falling into bad habits of oversleeping or not getting 8 hours of sleep. Avoid bad habits of staying in your pajamas all day. Take a shower, maintain self-care, and get dressed in the morning. Eat nutritious meals daily and eat your meals at the same time each day.

- Do something new each day. If you've been inside for an extended period, go for a drive. Take a walk outside while practicing social distancing. Sit outside with a cup of coffee and read. Soak up some sunshine and daily Vitamin-D. Make a list of new things you can do each week. Learn something new. Do something new and different. It refreshes your mind and spirit.

- Practice good daily habits: Maintaining healthy habits is good for your outlook and well-being.

Open windows and light up your room and house during the day. At night, do things to help promote good sleep. Avoid staying up late watching television, playing video games, or watching the late news, this stimulates brain activity and doesn't allow your body to wind down and rest.

- Practice daily quite time: Reading the Bible and/or daily devotional, journaling, prayer, meditating, memorizing scripture from the Bible, and/or reading a new book. Keep your quite time uplifting and focused on hope.

- Be mindful of connecting with others. There are numerous ways you can connect with others while social distancing. The internet brings a variety of options with video teleconferences like Zoom meetings, or FaceTime/Skype where you can see faces and talk to each other. Call someone daily and check on them. There is great value in hearing someone's voice. Sit in your yard or take a walk in your neighborhood or walking trail while practicing social distancing, chat with your neighbors.

- Be mindful of your time. Stay informed with the news, social media, and television but avoid spending long periods of time doing it or checking it often. Keep up with your household chores and/or maintenance. Work on a project.

- Get daily exercise: Reduce stress and worry while boosting your strength and energy with daily exercise. Exercise boosts brain chemicals that elevate your mood while bringing a host of healthy benefits.

- Practice gratitude and daily thankfulness: Don't allow your thoughts to dwell on the negative. Despite challenges and difficult circumstances, there are still good things in each day. Dwell on what is good each day. Make a Daily Gratitude/Thankfulness journal and list 10 things you are thankful for each day. You can even do this as a family or with another person. Stay hopeful and positive. Find out how the power of thankfulness can change your life.

If you need support and help, reach out to someone or resources in your community or state. Call your pastor or minister, or professional counselor or life coach. Many of these offer teleconferences or safe distance meetings.

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