

Self-Care Check (RAFT)

In times of uncertainty, in which many events may be out of our control, it is important to recognize what **we do have** control over. **Self-care** means prioritizing one's wellbeing through caring for your physical and mental health. Self-care can help you to reduce stress, feel happier and better support others! **RAFT** can help everyone remember to check-in with self-care daily.

Rest

Prioritize getting sufficient sleep and maintaining a schedule. Take breaks when you need to, even if just for a few minutes or a couple of deep breaths. Pay attention to your personal limits and boundaries. Decompress. Embrace a comforting faith, spirituality, meditation or practice.

Acknowledge

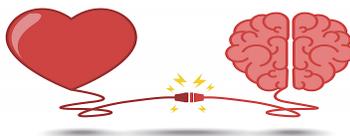
Ask yourself how you are feeling, just like you would ask a friend or loved one. Be a friend to yourself. If you recognize that you are feeling an overpowering emotion, especially if it is upsetting, then it is time to give yourself some extra TLC. You may be feeling this way right now, but it is likely only temporary. Take a moment to ask yourself "what do I need right now?"

Fuel

Once acknowledging how you are feeling, it is important to fuel your body with what it needs in order to best support your health and wellness. Whether this is a healthy meal, fresh air, positive content, exercise, leisure, time unplugged from technology, or even some peace and quiet – choose what is best for you. Recharge your personal battery. You deserve it.

Talk

It is a normal response to experience anxiety and stress when faced with uncertainty. Connect remotely with those whom bring you comfort and joy (i.e. social media; phone call; text; video chat). Embrace a sense of community with confidants while social distancing. Knowing that you are not experiencing this alone can help. Practice mindfulness together in reflecting on what you are thankful for - big or small. Try your best to be patient and kind to yourself and others.



References:

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