



SELF-CARE DURING SOCIAL DISTANCING

Self-care can be defined as any set of practices that makes you feel physically, mentally, spiritually, and socially nourished.

PHYSICAL

Yoga
Dancing
Stretching
Deep Breathing
Drinking Water
Herbal Baths



MENTAL

Reading
Resting
Drawing
Journaling
Meditating
Affirmations



SPIRITUAL

Daily Gratitude
Laughter
Mindfulness
Mantras
Uplifting Music
Vision Boards



SOCIAL

Stay Connected
Call A Loved One
Virtual Workshops
Virtual Movie Party
Zoom Call With Family/Friends



Free Virtual Workouts and Programs for UCLA Community

<https://www.recreation.ucla.edu/>

Resources and Tools for Anxiety and Mental Health in a Global Climate of Uncertainty

<https://www.virusanxiety.com/>

Free Guided Meditations

<https://www.uclahealth.org/marc/audio>

Host a Virtual Netflix Party

<https://www.netflixparty.com/>