

## Tips to Practice Self Care and Reduce Anxiety and Stress at Home



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### **Burn a Candle or Diffuse Essential Oils**

Calming scents include: Lavender, Rose, Bergamot, Chamomile, Frankincense, Orange Blossom and Geranium.

### **Reduce Your Caffeine Intake**

People's sensitivity to caffeine can vary, but generally, increased intake can cause anxiety.

### **Practice Gratitude**

Each day take time to reflect and write down a few things you are grateful for.

### **Listen to Soothing Music**

Slow-paced instrumental music can induce the relaxation response by helping lower blood pressure and heart rate.

### **Practice Deep Breathing**

Deep breathing can help activate your parasympathetic nervous system, which controls the relaxation response.

### **Spend Time with Your Pet**

Pets provide championship and can help to improve your mood.

### **Meditate and Practice Mindfulness**

Free Mindfulness Apps: Headspace, Calm, Aura, Stop, Breath, Think, and Insight Timer

### **Limit Time on Social Media and Watching The News**

Schedule intentional breaks from social media and news outlets

### **Exercise**

See the *At Home Exercise Guide* Linked on My Health Onsite Wellness Wire Newsletter

### **Connect Virtually**

Send a loved one a letter, Facetime with friends and family, move book clubs, small groups and gatherings to web meetings.

### **Check Off To-Do List**

Use free time to complete projects around the house or clean out drawers and closets.

Healthline.com. 16 Ways to Reduce Stress and Anxiety  
Puregym.com. Top Free Mindfulness Apps  
Qz.com. How to Practice Self Care During the Corona Virus