



IN A WORLD OF UNCERTAINTY BE KIND TO **YOURSELF**

We've put together a few tips on ways that you can make your self isolation a little more enjoyable at home. Consider sharing these SELF CARE ideas with colleagues, friends and family members.

#responsibleselfcare



- ❖ **YOUR BATH OR SHOWER THAT MUCH BETTER** | Turn your nightly shower into an impromptu aromatherapy session by using an easy-to-make bath bomb. A 2009 study in the *International Journal of Neuroscience* found "credible evidence that odours can affect mood, physiology and behaviour"—so try lavender, jasmine or ylang ylang for relaxation and peppermint, citrus or rosemary for an energy boost.
- ❖ **STAY HYDRATED** | Don't forget your H2O! If you need some help in the hydration department, try adding citrus fruits, mint or cucumbers for a flavour boost. Also, worth a try: finding a fun eco-friendly water bottle that you love and download an app that reminds you to drink water by the hour.
- ❖ **BE CREATIVE** | There's a reason adult colouring books have become so trendy—art therapy has proven health benefits. A 2016 study in *Psychology and Psychotherapy: Theory, Research and Practice*, the British Psychological Society's academic journal, found it helped people with mental health issues like depression or anxiety relax, express themselves and feel empowered, among other benefits.
- ❖ **GO OUTSIDE** | There are serious wellness benefits to getting out of the house. A 2010 study in *Environmental Health and Preventative Medicine* found that spending time in nature leads to lower levels of the stress hormone cortisol, lower blood pressure and a lower pulse rate than spending time in urban settings.
- ❖ **SPEND TIME READING** | Whether it's a novel, non-fiction read or collection of poetry, practice some affordable escapism with a good book.
- ❖ **LISTEN TO MUSIC** | Put on your favourite song or album and let yourself jam out. Scientists say music can have mood-boosting effects.



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- ❖ **BAKE SOMETHING** | There's something meditative about the act of baking — you have to measure the ingredients precisely and combine them in just the right order, and at the end, you're rewarded with a positive result: a sweet treat!
- ❖ **GET ORGANIZED** | If you're feeling stressed out but you're not sure why, the culprit might be surprisingly be your home. Clutter can make us feel anxious, overwhelmed and embarrassed. Don't feel like you have to whip your entire house into shape at once, though. Start by tackling small corners of your space at a time.
- ❖ **WRITE IT OUT** | Jotting down your thoughts and impressions about stressful, emotional or even traumatic experiences like a pandemic can actually help you overcome those events, according to a 2005 study published in *Advances in Psychiatric Treatment*.
- ❖ **TRY BREATHING EXERCISES** | Meditation, and it's recently popular cousin, mindfulness, has lots of well-documented health benefits—including reducing anxiety and depression, according to a 2014 study in *JAMA Internal Medicine*, and lowering blood pressure and increased quality of life in senior citizens, according to a study published the same year in *Geriatrics & Gerontology*. If you find the idea of meditating a little intimidating, there's good news: simply breathing deeply can have a similarly positive impact, reducing your heart rate and blood pressure, relieving stress and even boosting productivity.
- ❖ **LAUGH** | "Laughter is the best medicine" isn't just a pithy saying. It can instantly put you in a better mood. Find a funny movie, TV show or stand-up comedian and have the first, and last laugh.
- ❖ **DO SOMETHING FUN WITH THE KIDS OR YOUNG-AT-HEART** | Consider visiting the [You Be The Chemist website](#) and download a safe, fun and easy hand-on experiment like Lesson no. 8: Milk Rainbow. All you need is 3.25% milk or cream, food colouring, dish soap and 1 cotton swap. It's a great way to show the importance of using soap to clean your hands.
- ❖ **ACTS OF KINDNESS** | Do something thoughtful for a friend, family member or neighbour. Research suggests that both performing prosocial behaviors and simply recalling them can increase well-being. Consider leaving a card or basket of homemade goodies for a neighbour or elderly person. We could all use a little more TLC during this time. Afterall, [#communitymatters](#)

#RESPONSIBLESELFCARE