

## REVIEW THE SUGGESTED ACTIONS BELOW THAT CAN HELP YOU CREATE A ROUTINE FOR CALM

### LIMIT NEWS AND SOCIAL MEDIA INTAKE

You may find yourself continuously taking in bad news - or doomscrolling - without the ability to stop or step back. This activity can cast a shadow on your mental wellness and create anxious and worrisome feelings. Make a commitment to scroll for no more than 15 minutes at a time - and set a timer to keep yourself honest.

### PUT NERVOUS ENERGY TO BETTER USE

Finding ways to channel your nervous energy for good can help give you a sense of control and calm. Many studies show that participating in creative outlets like a DIY project, music or dance, can decrease anxiety and stress and improve mood.

### REACH OUT TO OTHERS

Building a network of friends and family not only provides companionship but also a safety net and better health. Being socially connected promotes psychological resilience and prevents feelings of loneliness and isolation. Take time every day to connect with someone close to you.

### TAKE PART IN SELF-CARE

Exercise regularly and sleep well to create calm. Either aim to exercise for 30 minutes or get good sleep for 7 – 9 hours.

## CHOOSE WHICH ONE OF THE ABOVE ACTIONS YOU WILL WORK ON THIS WEEK

When choosing your action, think ahead and make it easy for yourself to be successful. Make a plan for how you will fit the action into your day. Use reminders or visual cues to help.

## USE THE TRACKER ON THE NEXT PAGE TO TRACK YOUR DAILY PROGRESS

Add a check mark, a note, or draw an emoji each day to show you completed the step (limited news and social media intake, used nervous energy for good, reached out to others or practiced self-care.) Consider expressing your thoughts and feelings regarding the action or, note what worked or didn't work.

I commit to this action: \_\_\_\_\_

DAY 1	DAY 2	DAY 3	DAY 4	DAY 5	DAY 6	DAY 7

### TIP FOR SUCCESS:

Think of this tracker as a guide that gives you a visual look at your successes and challenges which will help you celebrate accomplishments and plan for roadblocks.