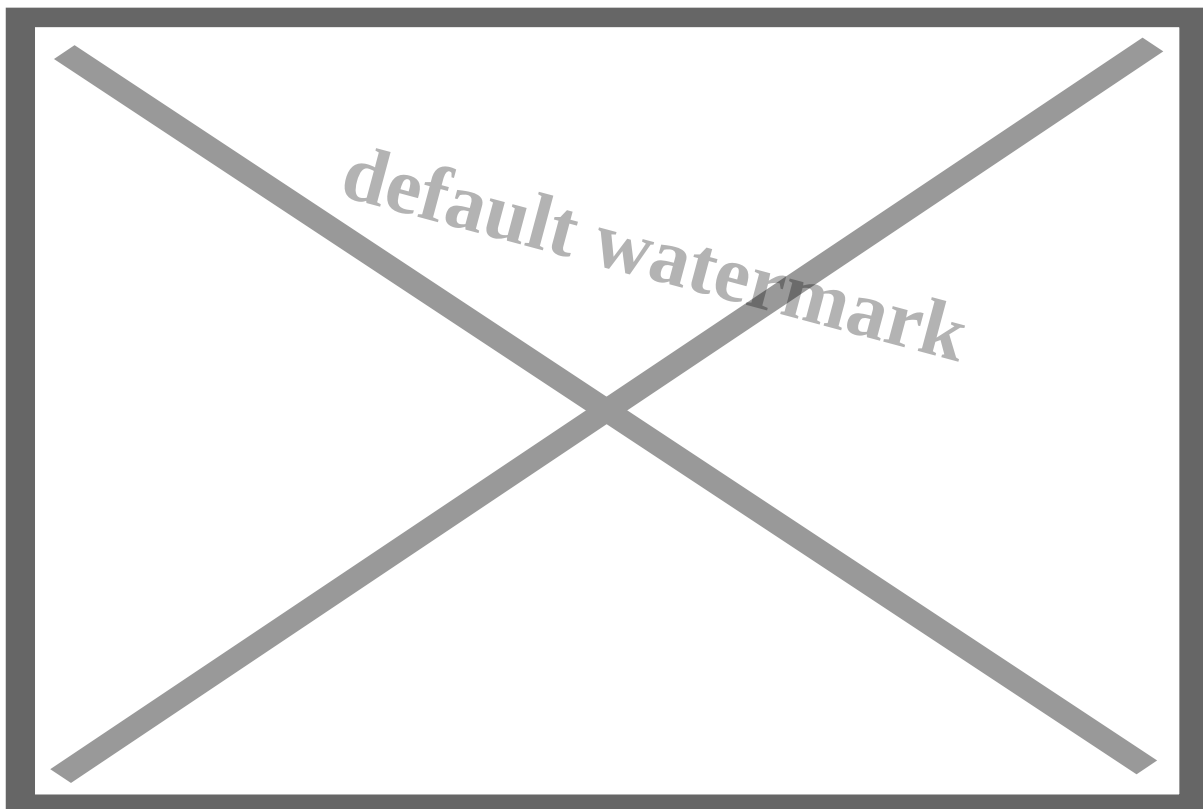


Taking Time for Self-Care: Managing Stress & Anxiety During Uncertain Times

Description

Stress and anxiety can be overwhelming during uncertain times, but you can manage them by engaging in self-care practices. Making time for yourself will allow you to cope with uncertainty by providing moments of clarity and relaxation. By adding healthy habits into your routine such as adequate rest, mindfulness activities, physical exercise, connecting with people and more you can manage stress more effectively and positively manage anxiety in an effective way.



[Photo by Leah Kelley:](#)

1. Ensuring Adequate Sleep “

Adequate sleep is vital to managing stress and anxiety effectively. Lack of restful slumber can take its toll on both physical and [mental wellbeing](#), so aim to get at least 7-9 hours each night to recharge both body and mind. To ensure a restful night’s rest, establish a consistent bedtime routine by going to bed at the same time each night, foregoing caffeine before sleeping, and not using electronics for an hour or two prior to going to bed. Sleep also plays an essential role in emotional regulation so if you feel anxious or depressed make sure you get adequate rest!

2. Engaging in Mindful Activities â€œ

Mindfulness can be a useful way of keeping stress at bay during times of emotional difficulty and uncertainty. By staying present in each moment, meditation, yoga, tai chi or even deep breathing activities can help bring calmness and ease tension from everyday stresses.

Mindfulness also applies to other aspects of your life such as eating habits and physical activity. Being mindful about food means being conscious about the type and amount of foods eaten as well as how they make you feel; in terms of physical activity, mindfulness helps maintain motivation levels by reminding us when to take breaks when necessary.

3. Regular Medical Check-Ups â€œ

It is especially important to take care of your physical health during periods of stress and anxiety. Everyone should make sure to visit their doctor for regular check-ups, even during uncertain times. Make sure you are up-to-date on any medical conditions or treatments you may have, such as [ketamine treatment](#) for depression. This way, if there are any changes in your condition or medications that need to be adjusted, your doctor will be able to help you immediately.

4. Connecting With Others â€œ

In times of change and uncertainty, social bonds can provide much-needed comfort and stability. Make sure to reach out regularly â€œ video calls, text messages or spending time in person (safely!) can all help us stay in touch! Additionally, speaking to a mental health professional may also prove beneficial.

5. Staying Positive and Hopeful â€œ

While current situations can be trying and distressing, itâ€™s essential that we remain hopeful and optimistic for their resolution in the future. Remind yourself that everything will turn out okay in due time, look for what good there is in each day, write out your hopes, goals and [writing down thoughts](#) can provide clarity during uncertain times; volunteering or giving to charities that benefit others gives us a sense of purpose thatâ€™s hard to put a price on.

Self-care is crucial when managing stress and anxiety during uncertain times, such as during transitional times. Devoting some time each day to cultivating healthy habits such as getting enough restful sleep, engaging in mindful activities, exercising regularly, connecting with others and staying positive will help ease the uncertainty that surrounds you. Remember to take it step by step and find silver linings wherever possible.

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