

# Mind Doodles on feelings and self-care in COVID-19

Thoughts, feelings, self-care tips and ideas

Work from home tips for people who maybe have anxiety and/or depression (or who otherwise bristle at all the "SPRING UP AT 6 AND DON YOUR FINEST KHAKIS" tips swirling around)

wear clothes that are comfortable to you (no waistbands that dig in!)

have something to look forward to in the evening (like a new TV episode or a recipe you want to cook)

light a nice-smelling candle or open the window

make a weekly to-do list instead of a daily one

work in the spot of your home that feels best (it might not be your desk! I ♥ a coffee table)

try waking up without an alarm if you are able

keep your to-do list tasks small and specific ("email Jo back" and "respond to Luis" vs "answer emails")

play some ambient sounds if the silence is too much (my fav is LoFi Hip Hop or rainy day Animal Crossing mix) (Coffitivity is good too)

take breaks to release tension in your body, stretch, and BREATHE

some days are super productive & some aren't!  
That's NORMAL!

nighttime showers/baths are a revelation

things are weird and you're doing so great ♥

TYLER  
FEDER

# COVID-19 FEELINGS

TIME SEEMS TO  
HAVE PAUSED  
INDEFINITELY

FEELING A  
COLLECTIVE  
"TOGETHERNESS"  
DESPITE  
BEING PHYSICALLY  
ISOLATED

REALIZING  
THAT HUMAN  
CONNECTION  
IS NOT JUST AN  
OPTION, IT'S A  
NECESSITY

CONSTANT SENSE  
OF DISPLACEMENT

GREATER  
APPRECIATION  
FOR LIFE'S GIFTS.

@rockinruksi

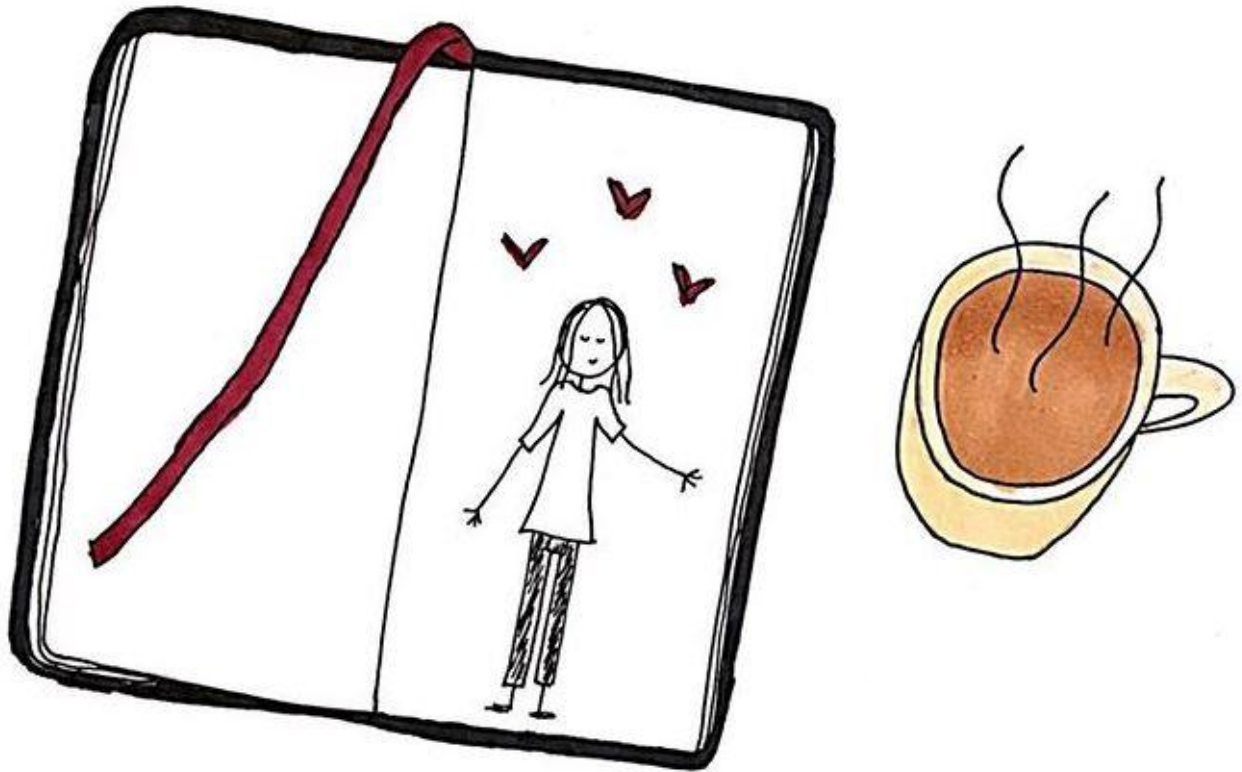
GRIEVING FOR A  
LOST SENSE OF  
NORMALCY

BEING  
CONFRONTED  
WITH THE  
CHALLENGE  
OF BEING  
ALONE WITH  
MYSELF

PLANNING IS  
NO LONGER  
RELEVANT  
I'M FORCED TO  
LIVE DAY-BY-DAY

HOLDING ON TO  
HOPE LIKE A  
LIFE-LINE.





MY LIFE IS NOT ON HOLD.  
THINGS MIGHT LOOK DIFFERENT RIGHT  
NOW, BUT I'M STILL MAKING PROGRESS  
TOWARDS THE PERSON I WANT TO BECOME.

(@mayedoodles on Instagram)

IN TRYING TIMES, OUR MOST  
IMPORTANT RESOURCE IS COMPASSION



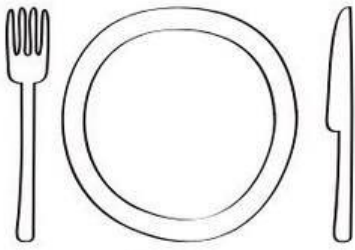
IG:FRIZZKIDART

(@frizzkidart on Instagram)

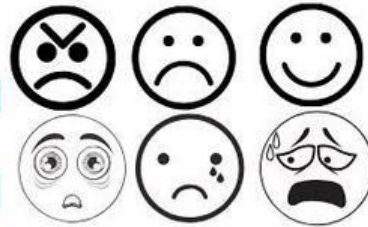
## IT IS *okay* TO

- 1 TAKE A LOT OF PRECAUTIONS
- 2 GRIEVE THE EVENTS THAT WERE *cancel*ed
- 3 FEEL OVERWHELMED
- 4 TURN *off* THE NEWS
- 5 FEEL *all* OF YOUR FEELINGS

@ashton.creates



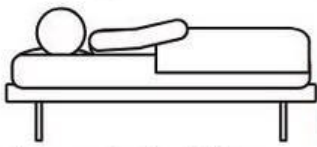
Eat.  
Follow meal  
plan.



Express your  
emotions.



Stay Connected.



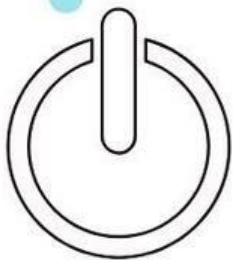
Rest & Sleep

# Eating Disorder Recovery Basics During COVID-19

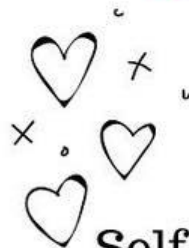
@MYSIGNATURENUTRITION



Explore  
Hobbies.



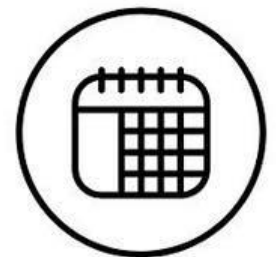
Turn off the  
news, etc.



Self  
Compassion



Reach out for  
support.



Keep your  
appointments.

# BE PATIENT



WITH THOSE YOU LIVE WITH.

## WHAT TO DO WHEN YOUR HEART IS SAD



“

# It's Okay

- \* To not know how to homeschool your own child
  - \* To not know how to work from home
  - \* To give kids more screen time than usual
- \* To make a colorful daily schedule or just wing it
- \* To not magically feel motivated to work out at home or take on a new hobby
  - \* To not feel okay

This is not normal for any of us.  
Please be kind to yourself.

@TEACHMEMRS.Z



#Image The Happiness Project



# I CANNOT CONTROL

(So, I can LET GO of these things.)

IF OTHERS  
FOLLOW THE  
RULES OF SOCIAL  
DISTANCING

THE AMOUNT  
OF TOILET  
PAPER AT THE  
STORE

## I CAN CONTROL

(So, I will focus on these things.)

THE  
ACTIONS  
OF  
OTHERS

MY POSITIVE  
ATTITUDE

TURNING  
OFF THE  
NEWS

FINDING FUN  
THINGS TO DO  
AT HOME

HOW  
LONG  
THIS  
WILL  
LAST

HOW I FOLLOW CDC  
RECOMMENDATIONS

LIMITING MY  
SOCIAL MEDIA

MY OWN SOCIAL  
DISTANCING

MY KINDNESS &  
GRACE

HOW  
OTHERS  
REACT

PREDICTING  
WHAT WILL  
HAPPEN

OTHER  
PEOPLE'S  
MOTIVES



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TheCounselingTeacher.com