

# Taking C.A.R.E. of Yourself During Uncertain Times

C

## Connections



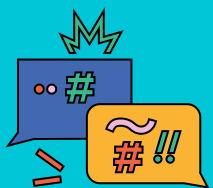
Connect with others



Prioritize self



Set boundaries



Limit upsetting  
conversations

A

## Appetite



Eat a balanced meal



Hydrate often



Limit processed  
foods/eat  
nourishing food



Consult with a dietitian  
or healthcare provider

R

## Rest & Relaxation



Practice grounding  
techniques



Goal setting  
and journaling



Deep breathing  
exercises



Practice good  
sleep hygiene

E

## Exercise & Engagement



Exercise regularly



Practice joyful  
movement



Engage in community  
projects or causes



Explore hobbies

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