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



Connections



Connect with others



Prioritize self



Set boundaries



Limit upsetting conversations





Appetite



Eat a balanced meal



Hydrate often



Limit processed foods/eat nourishing food



Consult with a dietitian or healthcare provider



Relaxation



Practice grounding techniques



Goal setting and journaling



Deep breathing exercises



Practice good sleep hygiene





Exercise & Engagement



Exercise regularly



Practice joyful movement



Engage in community projects or causes



Explore hobbies

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