

Self-Care Toolkit

Hello All! ENCOMPASS is here to share some thoughts about the value of creating your own self-care kit as we continue to navigate through the impacts of COVID19 on our daily experiences.

This can look different for everyone. A lot of successful self-care strategies involve a sensory component such as touch, taste, sight, hearing, smell, and movement.

Consider thinking about what you can use to bring comfort to each of your different senses. Does this mean creating a workspace or retreat space that brings relief? Maybe this means a candle that smells good to you, music that brings you comfort, pictures that bring up good memories?

Find ways to check in with yourself and see how you are doing? Ask yourself that question, and really take the time to answer yourself. Maybe this is the time to grow in areas you aren't comfortable. To be completely transparent, I'm a checklist and get it done type of person. The concept of mindfulness makes sense to me, but the practice of meditations is way outside my comfort zone. I'm using this time to listen to myself and starting small... a great grounding activity when I feel my emotions swirling is to do the following:

Take three deep breaths and identify the following:

- 5 things you can see
- 4 things you can touch
- 3 things you can hear
- 2 things you can smell
- 1 thing you can taste

And repeat as many times as needed to create a sense of feeling grounded and calmer.

Another self-care strategy you may want to employ is finding a long-term project to dive into. Maybe now is the time to learn how to play the keyboard, put together a huge jigsaw puzzle, organize your recipes, do a baking challenge, read the Harry Potter series, binge watch an 8-season show, crochet a blanket, or solve a Rubix cube.

Find something that will keep you busy and engaged to take breaks from what is going on in the outside world.

Don't forget! You can always connect with an ENCOMPASS coach or counselor to talk more about an individualized self-care tool kit. Please contact us at 800-788-8630 or visit us on the web at www.encompass.us.com and set up a profile using your company access code. After setting up the profile you will receive a verification email – if you don't receive this please check your junk email!