

Holistic Self-Care During the COVID-19 Pandemic

So do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand. Isaiah 41:10

During this unprecedented time that we are now experiencing, it is important that we take care of ourselves and each other. Here are some tips and strategies to help you get through.

Take Care of Your Body:

1. Reduce your risk of infection

To reduce your risk of infection the Public Health Agency of Canada recommends that you

- wash your hands often with soap and water for at least 20 seconds, especially after using the washroom and when preparing food
- avoid touching your eyes, nose, or mouth with unwashed hands
- Cover nose and mouth when coughing and sneezing with tissue or flexed elbow
- Avoid close contact (1 metre or 3 feet) with anyone with cold or flu-like symptoms
- Avoid non-essential gatherings

2. Provide your body with what it needs to boost your immune system

Your Immune System is your body's first line of defence. Some suggested ways to strengthen your immune system are:

- **N-Nutrition:** Eat a diet high in fruits and vegetables including whole grains and nuts
- **E-Exercise:** Exercise regularly, at least 30 minutes per day.
- **W- Water:** Drink plenty of Water 8-10 glasses
- **S-Sunshine:** 10-15 minutes of sunshine daily and vitamin D
- **T-Temperance:** Avoid harmful substances like smoking, alcohol and drugs
- **A- Air-** Take deep cleansing breaths through your nose and out of your mouth, as well, make sure your living space is well ventilated
- **R-Rest-** get at least 7-8 hours of sleep
- **T-Trust-** Remember God cares for us like a loving father and never leaves us alone

Take Care of Your Mind

Everyone reacts differently in stressful situations. Here are some suggestions for dealing with increased anxiety and fear.

1. Take breaks from watching, reading, or listening to news stories, including social media. Hearing about the pandemic repeatedly can be upsetting.
2. Talk with people you trust about your concerns and how you are feeling, social distancing does not mean social isolation
3. Utilize this time to engage in activities you enjoy and spend time with your loved ones

Take Care of Your Spirit

Stay connected to God. Read your Bible and pray every day.

If you are in need of assistance, please contact us at (416) 277-3913. May God's blessings continue to attend you.

Sincerely,
Kingsview Village SDA Church