Tips for taking care of yourself during the COVID-19 pandemic

Develop a daily routine
- Try to maintain some structure to your day
- Set objectives and deliverables for the day

Don’t isolate
- Reach out to colleagues and utilize informal/formal networks
- Give yourself permission to ask for help/support when you need it

Manage your mindset
- Don’t be surprised if your “impostor syndrome” surfaces
- Notice and reframe negative self-talk

Be an ally to colleagues who may be having a difficult time
- Take the initiative to reach out to colleagues, especially people who live alone
- Remember, people may respond differently to stress

Manage stress levels – remember that stress takes a toll
- Try to maintain an exercise routine
- Eat healthy meals
- Don’t forget to take breaks

Remember, these are uncertain times. There is no perfect way to deal with sudden change and volatility, but there are things we all can do to stay productive, positive and bring back a sense of normalcy to our daily routines.