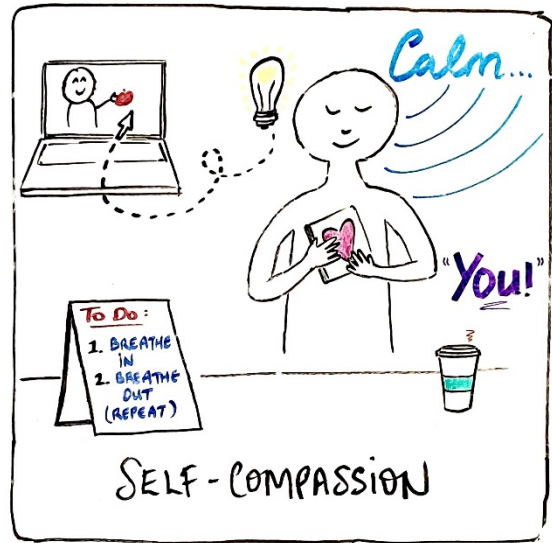
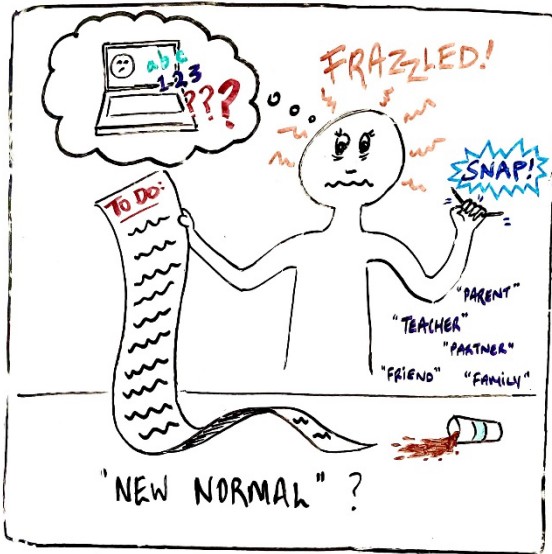


Navigating Uncertainty



Select 1 thing to do today to help navigate uncertainty

- Say 1 self affirmation
- Take 3 deep breaths
- Place your feet flat on the floor and press your feet down for 5 seconds
- Cook 1 healthy meal
- Walk the perimeter of a room
- Place a reminder (a drawing, a picture, or the actual item) of something that brings you peace or joy on your desk
- Slowly chew a piece of food to practice mindfulness
- Check 1 thing off of your to-do list
- Savor 1 positive thing about sheltering in place
- Smell a smell you like; inhale through your nose for 5 seconds
- Consider the many ways you are navigating these trying times
- Share 3 things you are proud of with a friend
- Savor wearing your most comfortable shirt, skirt, dress, pants, or pair of socks
- Pump your arms, doing bicep curls, to help energize yourself
- Stretch up towards the sky and down towards your toes and notice the sensation of stretching
- Mindfully wash your hands, gently scrubbing soap on your fingers, palms, and wrists and notice the sensation of the water running over your hands
- _____

Self-Affirmations for Trying Times

I am doing enough.

I am trying my best and it's okay to not be at 100% right now.

I am human and make mistakes. This is what I can do right now.

There are many ways that I am adapting and doing well.

My intention is to be kind and gentle with myself and others.

I can find joy in small moments.

This is a challenging time.

I give myself permission to be imperfect.

Today, I will be peaceful in my daily routine.

I will be gentle on myself.