

SELF-CARE

IN

"SURVIVAL MODE"

STRATEGIES WHEN YOU JUST NEED TO
MAKE IT THROUGH THE DAY

TAKE CARE OF THE BASICS



It's hard to function if you're hungry, tired, sick, or generally unregulated. Take care of yourself. It's also helpful to remind yourself to **shift expectations** for what you can accomplish or manage. **Take it one day or step at a time.** Make **accommodations** and **modifications** when possible.

SHOW YOURSELF A LITTLE LOVE



It's easy to be negative or berate yourself when there's a lot of stress, but doing so won't make things any better. It's coming from a place of habit and pain. **Practice self-compassion and avoid getting sucked into a shame spiral.**

GET (AND GIVE) SUPPORT WHERE YOU CAN



Ask for help and connect with others. If a call is too much – try texting. Are you engaging with social media in ways that are helpful or harmful for your social health? If you're financially able to, **consider "outsourcing" support** by working with a therapist, grocery delivery, or other service to help lighten your stress load.

STRENGTHEN YOUR HEALTH IN TIMES OF LESS STRESS



When you're not in survival mode it helps to grow in your own social emotional skills, health, and knowledge. **Having a strong foundation of self-care and self-knowledge creates a more effective buffer to the effects of stress when difficult times hit.**