



HOW TO HELP YOURSELF NOW IN THIS TIME OF CRISIS

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The Witness to Witness Program

<https://www.migrantclinician.org/witness-to-witness>

Everyone is anxious. Most people are moving in and out of their productive, resilience zone many times a day. That's normal. These are suggestions to help you stay resilient, in mind/body.

1. To remain effective, the following suggestions have been proven to help and have a scientific basis for their efficacy
 - Cut yourself slack.
 - Do for yourself what you would tell your best friend to do.
 - Use a simple breathing exercise many times a day if you find yourself stuck in a high or low energy place or spinning in anxiety. Inhale to count of 4, hold for 2, exhale for 6 counts. Do at least 3 times each time you do it.
 - Start your day by writing down three things you are grateful for. For example, I am grateful for coffee, that I have a bed, that the sky is above me.
 - Reduce your exposure to news from all media sources
 - Jump in place several times. Repeat every hour or so.
 - When you wash your hands, dedicate the hand washing to a person you care about or a cause you care about. Just say or think to yourself the name of the dedicatee.
 - At the end of your day, identify one thing you did that was effective toward some goal. "I was kind to a co-worker." "I made her laugh." "I opened the jar for him."
2. All effectiveness requires a calm body. Get sleep, eat well, stretch and exercise even if only for 1 minute at a time.
3. People's styles of handling anxiety vary considerably. You won't change and neither will they. Don't compare. You are you. Just take care of your style.
4. If possible, use the buddy system. Identify one person with whom you check in daily. The job of the buddy is to listen and to support you. Period. No judgment.