**Fr. David Allen’s Self Help Checklist at Times of Crisis:**

Self-Help means to be a **person of Self-Care** in order to stay well and to avoid unhealthy situations even in times of crisis, when you do not have control.

1. Put 2 hours of “self-care” on your schedule 1-2 X’s per week while isolated.  
   - identify activities you enjoy & make you feel good.
2. Practice some relaxation techniques; such as **deep breathing & quiet prayer**  
   - find a space in your home, yard or the chapel at church.
3. Stay connected to friends & family sharing positive thoughts or joyful memories/stories of the past.
4. Stay in touch with **people who are positive**; not those who pull you down.  
   - identify people who *bring out the best in you and listen* without judgement.
5. Don’t set excessive expectations which will increase your anxiety & stress.  
   - **listen to your body** tell you what you need & when you need it.
6. Try to maintain some type of **balanced diet** of fresh fruit & vegies. Don’t just do fast food and heavy sugars, even though that might be the easiest now.
7. Stay hydrated; 6-10 glasses of **water per day**.
8. Reduce heavy use of alcohol or tobacco; addictive items.
9. Read things that **excite or invigorate your mind** and imagination.
10. Refrain from too many bright lights or too much noise prior to bedtime.
11. Try to smile often or laugh at least 1 X per day.
12. Try to make someone else happy/laugh at least 1 X per day.
13. Try to **practice healthy virtues**: patience, gentleness, compassion, forgiveness, understanding, obedience, hope, positivity, attentiveness, fortitude, courage and AWE; respect for our loving God.