

# Fast 4 The Personal in the Pandemic: Getting Real About Our Own Wellness

Kerry McLean, MC RCT



Self-care is a very personal process and will be different for everyone since everyone has unique needs.



Start by paying attention to the nervous system through regulation and co-regulation. Regulation is being connected to what is happening in the mind and in the body, and navigating those sensations. Co-regulation is the ability to regulate and feel safe with other people's experiences affecting your own.



Make sure to pay attention to your biological system. Check in with things like eating habits, your ability to be mindful, sleeping patterns, amount of screen time, exercise, physical sensations, and breath regulation.



Everyone has a window of tolerance – an amount that can be handled under stress. The goal is to balance the impact of experiencing stress with your ability to support the restoration of our systems. We need to focus on expanding our capacity while still setting boundaries so that we can serve others better.

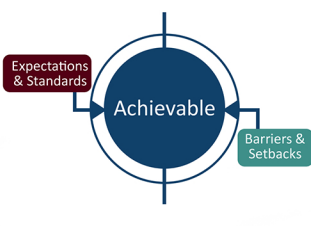
# Fast

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Engage in mindfulness practices such as reframing (look at things from different angles), body scans, and self-soothing. Make yourself comfortable, get cozy, and let go.



Adjust your scope by reassessing your expectations and standards to adjust for what can actually be achieved. Learn to identify when to lean in and when to walk away.



Work on your scheduling by focusing on one thing at a time.



Take time for distractions (Netflix, rest, video games...) and energy discharge (exercise, laughter, playing with pets...).

 Sensation

 Images

 Feelings

 Thoughts

Remember to SIFT- sensations (what am I feeling?), images (what images come to mind?), feelings (what do I feel right now?), thoughts (what thoughts am I feeling?).