



# 14 Days of Social-Distancing Self-Care

We're facing something collectively right now that's unlike anything we've experienced before. We hope this simple resource will encourage you, remind you of your best resource (yourself), and keep us connected. Onsite's vision is to connect the world through empathy, self-awareness, resiliency, and compassion. These daily practices are simple; but if you give them your attention, we hope they will help you stay centered at a time when so much feels off balance.

## Day One: Set Intentions

We want you to actually write these down somewhere. It can be a journal or somewhere that you'll see them daily.

- *What do I want this time of social distancing to look like?*
- *What are ways I want to grow, routines I want to set?*
- *What do I need? Permission to be flexible? Do I want to take a walk each day at some point?*

This isn't a way for you to measure "success", it's a practice for you to be self-aware about what will be best for you during this time. Don't overthink it.

“ALL YOU  
NEED IS  
ALREADY  
WITHIN  
YOU.”

## Day Two: Create a Support System

During a time of distancing ourselves physically, stay intentional about staying connected to others. Create your support system. Grab your journal and write down a list of people to stay in touch with – people who make you feel safe, known, and valued. Contact them and talk about what staying connected might look like.

- Decide on how you'll communicate (and decide on frequency).
- Share your intentions and ask them about their hopes, intentions, and feelings right now.
- Schedule a time to call a friend and “take a walk” with them. Walking in different places while still being connected to each other's experience is a great way to maintain a sense of normalcy in the midst of uncertain times.

## Day Three: Allow Yourself to Feel What You're Feeling.

Today we have a nine-minute guided meditation from Marc Pimsler, the Clinical Experiential Specialist at Onsite. It will help guide you through whatever you're feeling today and give you some tools you can come back to at your own pace. [Click here to link to the video!](#)

## Day Four: Write a Letter of Gratitude

When we pause and reflect on our lives, there's so many people who have helped us become who we are today. Write a letter to someone you are grateful for. Maybe it's someone new from this year who's been a blessing and breath of fresh air. Maybe it's a parent, guardian, teacher, sibling, or caregiver. Add some of your own personal flair to it with images, drawings, specific details, and memorable moments that have made an impact on you. There's no wrong way to approach it – tap into your curiosity and playfulness.

## Day Five: Staying Healthy While Working from Home

If you'll be working from home for a while, here are a few tips we've compiled with a special focus on maintaining your emotional health along the way:

- Keep a routine. Whatever you normally would do before leaving for work (shower, coffee, reading) – keep that rhythm. You'll be surprised how much keeping a routine will help you get into “work-mode”.
- If possible, work in a separate room other than your bedroom to keep some mental distinction between rest and work.
- Set 2 or 3 alarms throughout your work day to remind you to move your body.
- Drink water. Take a few deep breaths when you refill your bottle or glass.
- Don't overthink email communications. We often tell ourselves stories about someone's tone or the message behind something because we're missing context. Try to keep yourself from telling stories and just take emails at face value.
- Finish work at a set time. Create a stop time and hold yourself to it.
- Give yourself grace as you enter a new routine.

## Day Six: Connect With Your Higher Power

Whether through prayer, meditation, or music – create some space for connecting with your Higher Power today. Times like these can bring up tough questions and difficult emotions. If you have a place of worship or spiritual community, hopefully they've found creative ways to stay connected for the time being. If they haven't, don't hesitate to reach out to your pastor, rabbi, spiritual guide, nature, etc.

“NEW LIFE  
STARTS IN  
THE DARK.”

-Barbara Brown Taylor

## Day Seven: A Meditation by Bill Lokey

This calm, refreshing, and encouraging 15-minute guided meditation from Bill Lokey will help you find some peace and presence today with whatever you are facing. [Click here to link to the meditation.](#)

## Day Eight: Balancing Our Body

Today we have a few balancing exercises for centering and calming from Onsite's adjunct therapist, Marie Turley.

- The Levine Hug – Place your right arm across the body, with palm embracing the left under arm ribs. Place the left arm across the body with the palm on the right shoulder. Hold the position, focusing on the breath for 90 seconds, or until it feels right to let go.
- Cross Crawl – Stand and march in place, tapping left thigh with right hand, and right thigh with left hand. Do this for 90 seconds to 2 minutes.
- Take a dance break. Put on some music that inspires you to express yourself with your entire body. This free form movement allows for a whole system shift – not to mention the endorphins boost and emotional release!

## Day Nine: Support During Hard Times

We believe in the power of community and human connection—two things that can feel pretty impossible when practicing “social distancing”. Today, we want to invite you to think outside the box when reaching out for support and connection. Just because you can’t sit face-to-face with someone doesn’t mean you can’t still find support.

Here are a few great ways to still find personal and professional support in this season:

- Schedule a virtual therapy session. If you don’t currently have a therapist, check out organizations like [TalkSpace](#) or [BetterHelp](#).
- Attend a 12- Step Meeting online. [Here’s a list of virtual meetings](#).
- Reach out to supportive people and schedule a daily or weekly check-in via Zoom or Skype.
- Take time every morning to journal your thoughts and feelings and then reach out to a close friend who is good at holding space and just receiving.
- Try something new! So many people including coaches, fitness instructors, speakers, authors, teachers, artists, etc. are offering free or low-cost virtual options to connect with them.
- Download a meditation app like [Headspace](#) (and it’s free for health care professionals!).
- If you need immediate help, [here is a list of crisis phone and text lines](#).

You are not alone. We’re all in this together finding new and creative ways to connect.

YOU ARE NOT ALONE.

## Day Ten: Digital Detox

Technology can be used for good, but it can also be used as an escape from our feelings. Incorporate one of these practices into your life this week:

- Make mealtimes a tech-free zone.
- Don’t use a device the first hour after waking up.
- One screen at a time (e.g. no scrolling on your phone while watchingTV).
- No screens in the bedroom.

## Day Eleven: A Moment to Grieve

What is something you're grieving from this change? It could be big or small. Try not to compare your grief to those around you. It's your responsibility to process what is yours at this time so that you can heal and continue to show up as your full self. So again, ask yourself, "What is something I'm grieving right now?" If you have a candle, light it and watch the flame shift and sway. The grief process only works if we allow ourselves to feel the sadness, longing, or whatever feelings come up. It could be minutes or an hour – but whenever it feels comfortable, blow out the candle and watch the small trail of smoke dissipate and finally disappear. Spend some time journaling or connect with someone on the phone to process further.

IT'S OKAY TO GRIEVE WHAT COULD HAVE BEEN.

## Day Twelve: Gratitude

We'd like to invite you to focus on gratitude.

Look for some things today (no matter how seemingly insignificant) for which you are grateful. For some of you, things might come to mind right away – and some of you may struggle to find gratitude right now. Part of this focus is training our minds to look for the details of our lives that bring us joy.

For instance:

Do you have good enough health right now so that you can get out and take a walk?

Do you have eyes that work so you can see beauty around you?

Is your mind working well enough so that you can work?

We often get used to thinking about all the things that irritate us while missing out on awareness of the gifts in our lives. Training our minds to choose gratitude is a discipline. At first, it may feel like you are forcing it and you may start sarcastically, but if you really look honestly at the things you take for granted – you will discover there are things for which you are grateful.

## Day Thirteen: Fun and Play!

“WE DON’T STOP PLAYING BECAUSE  
WE GROW OLD; WE GROW OLD  
BECAUSE WE STOP PLAYING.”

-George Bernard Shaw

Play is an integral part of wholeheartedness. Today we’re going to challenge you to insert some fun and whimsy into your day. During trying times it can feel frivolous to cast off worry for a bit and embrace a little fun, but it is in times such as these that play and fun become even more important. It elevates your mood, helps you connect with yourself on a different level, and often creates opportunity for connections with other humans. Science has shown that just smiling, even if you don’t feel like it, has a profound effect on your mood. Imagine that times 100 when you intentionally seek joy and do something that brings you life.

Here are a few of our favorites while observing social distance best practices:

- Play a board game virtually with friends. Words with Friends, Draw Something, etc. (Even better if each person uses two different devices so you can chat while playing!)
- Pump up the jams! Play your favorite feel-good music and have a dance party!
- Make your favorite meal from childhood. Maybe it inspires you to call your mom for the recipe and tell her how much you loved it as a kid!
- Play a round or two of “GeoGuessr”, a game that drops you in a random place in the world and you guess where you are based on the signs, scenery, and clues!
- Build a blanket fort and watch your favorite movie.
- Make a bucket list of things you want to do and places you want to see.
- Visit a museum – **VIRTUALLY!**
- Read a book – just for fun.
- Look up funny memes and send them to friends.
- Go outside and kick a ball around, use sidewalk chalk, or jump rope.

As adults we can get too in our heads, so embrace your inner-child and just have fun!

*There’s no wrong way to play.*

## Day Fourteen: The Serenity Prayer

Thanks for following along these past two weeks and being present for your own life. Spend a few minutes circling, highlighting, or writing down and reflecting on any days, activities, or content that you want to return to in the future. Your emotional health is not static. It takes attention and we hope you continue to carve out space to stay centered and connected to any practices and habits that help you show up as your full self. We're ending with the Serenity Prayer. Read it out loud today.

GOD, GRANT ME THE SERENITY  
TO ACCEPT THE THINGS I CANNOT CHANGE,  
THE COURAGE TO CHANGE THE THINGS I CAN,  
AND THE WISDOM TO KNOW THE DIFFERENCE.

*We want to stay connected to our community as much as possible during this time. If you have a story, experience, or reflection that you'd like to share with us, we'd love to hear it. You can email it to [stories@onsiteworkshops.com](mailto:stories@onsiteworkshops.com). If you post anything on social media, please tag us so we can see it and interact. Thanks again for doing these simple things to help tend to your emotional health. We wish you good things and hope that you will continue to be present to your own life.*