

## **Some Suggestion for Maintaining Good Health During the Pandemic**

### I. Physical Health

1. Follow Centers for Disease Control and World Health Organization guidelines to keep yourself at the lowest possible risk of contracting the virus.

CDC: <https://www.cdc.gov/coronavirus/2019-ncov/index.html>

<https://www.cdc.gov/coronavirus/2019-ncov/community/home/index.html>

WHO: <https://www.who.int/emergencies/diseases/novel-coronavirus-2019/events-as-they-happen>

2. Eat well. Take your supplements and medications.

3. Even if you can't go to the gym, develop an exercise routine you can do at home. There are tons of YouTube videos for this. You'd be surprised how multiple Sun Salutations can raise your heart rate.

Easy ten-minute workout: <https://www.youtube.com/watch?v=O5YX5xg8Seg>

Sun salutation: <https://www.youtube.com/watch?v=ZP34IA0d8LI>

4. Include some kind of stretching. Hatha yoga is great for this, of course, but do the things you enjoy.

5. If you're an artist, practice your craft to the best of your ability. Play your instrument, sing, dance, learn a new monologue, paint, sculpt, make a video, write a story, essay, or poem.

6. If you're feeling unwell, contact your primary care physician as soon as possible.

### II. Mental Health

1. Most people thrive with a daily routine. Even if you can't go to work, you can make a schedule of things to occupy your time. Include specific times for things like cooking, dining, leisure activities, exercise, laundry, housework, meditation or prayer (if you practice either), staying in touch with friends etc. The abyss of “nothing to do” can be anxiety inducing.

2. Keep a regular sleep and wake schedule. When you rise, shower and get dressed as you normally would.

2. Engage your mind actively. Play games, do crosswords or Sudoku or video games. Read. Movies, TV, and podcasts are fine but we consume those media passively. Listen to music you love.
3. Do something creative (see #5 above).

### III. Emotional Health

Find ways to quell your anxiety and depression. The uncertainty that's inherent to the pandemic requires that we to the best we can to self-regulate.

1. Acknowledge what you're feeling and name it.
2. Express your feelings in whatever ways work for you: talk to your therapist, your family, trusted friends. Write about them. Create something that expresses how you're feeling.
3. If you take antidepressants or other psychoactive medication, now is not the time to skip doses or neglect to refill prescriptions.
4. If you feel anxious, practice whatever breathing and body awareness routines help you to manage your anxiety.
5. If you feel despair, hopeless, or helpless, reach out to your therapist or a trusted friend. If you're feeling actively suicidal, call the National Suicide Prevention Hotline at 1-800-273-8255 or 911.  
<https://suicidepreventionlifeline.org/>

### IV. Social Contact

Keeping in touch with friends and family is vital for maintaining your feeling of normalcy and connection in this stressful time.

1. Call, FaceTime, or Skype with the people you love.
2. Schedule a virtual social date – happy hour, dinner, a walk, games...
3. Text with a friend while you both watch a movie or TV show.
4. Start a text chain with family or friend groups and check in with one another daily. Send a funny GIF.
5. Use social media with care. Those platforms can be both valuable as a way to keep in touch with others but overwhelming due to the difficult-to-control flow of information.

## V. Spiritual Health

1. If you have a spiritual practice, try to be consistent with it. Even if you can't be with others who share your practice or beliefs you can continue to nurture this part of yourself.
2. Read literature you find inspirational.
3. Listen to or watch talks by teachers who feed your soul. Some of my favorites are:  
Pema Chodron: [https://www.youtube.com/watch?v=6t\\_SGso\\_1PY](https://www.youtube.com/watch?v=6t_SGso_1PY)  
Tara Brach: [https://www.youtube.com/watch?v=vFr\\_zQCUMD4](https://www.youtube.com/watch?v=vFr_zQCUMD4)  
Brene Brown: <https://www.youtube.com/watch?v=iCvmsMzIF7o>  
Stephen Levine: <https://www.youtube.com/watch?v=RxczoBb0Kw0>
4. Whatever your belief system, insight or guided meditations are great for promoting health in all aspects of your self.

## VI. Financial Health

1. Try not to freak out about the stock market if you're invested there. It will recover; it always does.
2. Think before you act with your funds.
3. If you're dependent on a job that's disappeared or "on hold" be creative with generating other income. Contact family, friends, financial adviser and ask for help. Contact creditors, mortgage company, or landlord to ask for what you need – reduced payments, extended deadlines etc.  
Chicago Community Covid 19 Relief Fund: <https://www.chicagocovid19responsefund.org/>
4. If you're a performing artist struggling in the wake of cancelations of present or upcoming work, here are some specific resources for you:  
The Actors Fund: <https://actorsfund.org/>  
Season of Concern: <https://seasonofconcern.org/covid> (Specifically for serious health issues)  
Chicago Artists' Relief Fund: <https://www.gofundme.com/f/chicago-artists-relief-fund>  
Chicago Theater Workers Relief Fund: <https://chicagoplays.com/chicago-theatre-relief-workers-fund/>  
Chicago Musicians Emergency Relief Fund: <https://www.gofundme.com/f/musicians-emergency-relief-fund>