



Self-Care During the Coronavirus Pandemic

As social workers, we understand the ongoing need to take care of ourselves and each other as we approach our work. This may include:

- Making time for self-reflection .
- Staying actively connected with colleagues and support systems.
- Creating more opportunities for discussion and support among ourselves.
- Finding ways to stay engaged in social action and social justice work
- Avoiding burnout and overwork .
- Making time for rest and relaxation, which are essential for mental and physical health.



Free Self-Care Activities

Below are just a few examples of free activities you can enjoy and that can bring some beauty and joy into your day as part of your self-care practice.

- Yoga Practice
- Fitness Workouts
- Insight Timer meditation app
- NPR Tiny Desk concert series
- Monterey Bay Aquarium Live Cam

- Nightly Livestreams from the Metropolitan Opera

Related Articles

- That Discomfort You're Feeling Is Grief - *Harvard Business Review*
- Protect Your Family's Mental Health During the COVID-19 Pandemic - *U.S. News and World Report*
- Coping With Anxiety and Depression During the Coronavirus Pandemic - *U.S. News and World Report*

Podcast Episodes

- Self-Care for Social Workers During the Coronavirus Pandemic
- Self-Care and Avoiding Burnout
- Faith-Based and Secular Meditation

Related Resources

- The Ten Laws Governing Authentic, Sustainable Self Care - *Compassion Fatigue Awareness Project*
- Transforming Compassion Fatigue into Compassion Satisfaction: Top 12 Self-Care Tips for Helpers - *Resource Center for Compassion Fatigue*

NASW Publications

- Self-Care in Social Work: A Guide for Practitioners, Supervisors, and Administrators
- Burnout and Self-Care in Social Work: A Guidebook for Students and Those in Mental Health and Related Professions

COVID-19 and Student Loan Management

Student loan borrowers can apply for income-driven repayment plans if their income is reduced as a result of COVID-19.

Learn more about student debt relief