**Well-Being Guidelines During a Crisis**

**JULY 20, 2021 – *Adapted from* https://dhwblog.dukehealth.org/basic-well-being-guidelines-during-a-crisis/**

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We can easily let go of our healthy routines and boundaries when dealing with crises. During a crisis, we may let go of important practices that cultivate the four pillars of a stable mood: nutrition, connection, movement, and rest. **During highly stressful times (you know when these are!)**, it’s important to do what we can to maintain and bolster these four pillars. Here are some ideas and guidelines to keep these pillars strong during a crisis.

**Nutrition**

* Continue to eat well-balanced meals and snacks at consistent times each day.
* Try to have each meal and snack contain several colors of the rainbow.
* Sometimes our appetite changes when we are distressed, or we may not have time to eat normally.
* Try to withhold judgment if you notice you are eating more or less than usual.
* It can be helpful to keep a supply of nutritious snacks with you at all times so you can meet your [**hunger cues**](https://dhwblog.dukehealth.org/savor-your-food-with-mindful-eating/) the best you can whenever they arise.

**Movement**

* Try your best to [**move for pleasure**](https://dhwblog.dukehealth.org/how-to-practice-mindful-walking/) some each day.
* Make a point to roll your joints and stretch regularly. It’s ok if you only have a moment to do this.
* [**Gentle movement**](https://dhwblog.dukehealth.org/chair-stretch-routine/) helps the body digest tough emotions.
* Take advantage of the free exercise resources available through your community.
* Go for a walk each day, even if only for 5 minutes. Try to notice something beautiful on your stroll.

**Connection**

* [**Connect daily with someone or something you love.**](https://dhwblog.dukehealth.org/extending-kindness-and-compassion-to-ourselves-and-others/) This could be a person, pet, or nature. Hug a tree. Play with a pet. Video chat old and new friends.
* Get creative! Do what makes you feel connected to your best self, such as reading, art, dancing, or listening to music.
* Make a point to learn about community support action happening in your neighborhood or city. Anything that reminds you you are not alone.

**Sleep & Rest**

* Limit the amount of screen time and news you take in each day!
* Turn off all backlit screens, social media, and news sources at least one hour before bedtime. Instead, read a book, listen to music, have some calming tea, or take a bath before bed.