

Self-Reliance Strategies During a Pandemic

How do we build up our self-reliance? Self-reliance means self-sustaining, self-sufficient, powerful, resilient, competent and strong. Another definition says "self-renewal." How can we work on this?

- Reflection time
- Decluttering– great processing time
- Pay attention to our emotions
- New skills, old skills refreshed

What can we do during this time to help ourselves become more self-reliant? Use the ideas below as a guide.

SELF-RELIANCE STRATEGIES

- Give yourself permission to be less productive. We are all dealing with emotional exhaustion, a chronic drag on our productivity.
- List what you are not missing about your old way of life versus today.
- Learn something you've been wanting to, but haven't had the time. Schedule it on your calendar as you would your work.
- Simplify a place in your home.
- Keep a daily mood chart. Use a scale of 1-10, an app, emoji's – some method of seeing what your patterns are. There may be more self-care needed.
- Designate "solo time." We all need time alone. When is yours?
- Some people will need to calendar in more than usual; it can keep your momentum and give meaning or purpose to your days.
- Notice what skills you are needing to rely on now, which may be new ones.
- What new hobbies have you started or returned to?
- Reach out when you need to.
- Implement your self-care plan; realize that it likely has to be adapted during these times.

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