



Hello, I do hope that this message reaches you and your loved ones in good health. Please continue to take time and effort to practice daily selfcare.

1. It was a beautiful day yesterday and I was inspired to make this suggestion. Take a mindful walk- go outside and as your walking use all your senses.
 - Look at all the sights: what color is the sky, are there clouds, can you see trees, grass or flowers, what colors do you see?
 - Listen to all the sounds: do you hear birds, cars, people, trees moving in the wind, and or music?
 - Use your sense of smell: do you smell any fragrance? Are there any flowers in bloom? This is a great time to stop and literally smell the roses!
 - Use you sense of touch: how do your feet feel in your shoes, how does it feel to walk, how does the rest of your body feel (try a body scan from head to toe- how does each body part feel?). Can you feel the sun or wind on your skin?
2. Connect with others is especially important during this time of shelter in place.
 - Have a virtual visit or “houseparty” (houseparty.com for face to face social network- you can even play games) connection with others.
 - Reach out to someone you have not spoken to recently and check in on them via phone, face time, video chat or email.
 - Write a letter or email- include a picture, or personal or online artwork.
 - Share with others what is helping you get through this time of shelter at home. Is it baking, watching a special series, a book,what is working for you? Sharing this information may be helpful to your family and friends. We are all in this together. Gardening and watching my plants grow from seeds has been fun for me!

~All my best, Dr. Melissa Huy