

## Mindful TIPS for Those with IBD

1. Keep a good night routine and try to get enough sleep
  - 6 - 12 years old: 9 - 12 hours
  - 13 - 18 years old: 8 - 10 hours
2. Eat healthy and nourishing food
  - Whole food concepts  
(but don't beat yourself up over a cookie or two)
3. Wash your hands correctly (<https://youtube/riApbjnhLfc>)
  - Soap and water before meals, after using a washroom facility
  - Hand sanitizers for public places
4. Avoid people with infectious symptoms
  - cough, fever, vomiting, diarrhea
5. Try to do something physically active each day
  - 1 hour/day including 3 times a week vigorous
6. Consider local travel for trips
7. Practice self-compassion
  - You give to others don't forget to take care of yourself
  - read a book, relax, find time for laughter
8. Donate something to those less fortunate
9. Send a note of thanks or appreciation
  - Consider sending to a friend or family member, it might just make their day
10. Express yourself
  - Express your emotions in healthy ways like journaling, spiritual practice, create new rituals, getting together with significant people, play music, be creative and artistic
11. Be around those that make you happy
12. Be mindful of the small joys in each day

A resource for teens and their parents is: <https://www.stressedteens.com/covid-19-tool-kit>