

April 7, 2020

<https://coveteur.com/2020/04/07/friends-self-care/>



WELLNESS SHARE ↗

FRIENDS OF COVETEUR ON WHAT THEY'RE DOING TO TAKE CARE OF THEMSELVES RIGHT NOW

Compulsive headstands, Evian bottles as weights, and Instagram Live dance parties.

By: [Bibi Deitz](#)

Every time I pick up the phone, another friend tells me they feel like they should be more productive during this upside-down time. I feel it, too: This afternoon, when I sat on the brick back-patio steps of our rented house in Maryland and read the second half of a book, it felt indulgent. The back of my mind pitter-pattered: *You should be doing something!* But, of course, I was.

Everything seems reversed. In normal times, I'd be thrilled to take a month away from daily life and rent a charming house in the middle of nowhere with my boyfriend. But in these times, it can feel isolating and disorienting. It took me a week to get used to waking up to silence. I'm slowly getting into a rhythm, doing Pilates, going for runs on dusty roads, baking coconut-flour blondies—not out of virtuousness, but because regular flour is sold out and back-ordered until May here. It's OK. But I started wondering: How's everyone else handling this?

So we asked some friends of Coveteur: What are you doing right now to take care of yourself, help yourself feel better, and be more productive in these times? Here's what they had to say on the matter.

REBECCA PAREKH, CO-FOUNDER AND CEO OF THE WELL



I'm trying to take things minute by minute and day by day. We are all feeling a lot right now and living through tremendous uncertainty. By breaking things into bite-size pieces, it all feels a little less daunting. I've fallen into the habit of showering twice a day. According to my colleague Ananta, the director of Ayurveda at The Well, showering is one of the best practices for mental health in Ayurveda, as you literally and figuratively rinse away the previous day. Something about the hot water feels soothing and comforting. I use our essential oils as a nice little ritual day and night as well. After my morning shower, I add a few drops of Rise to my body lotion, and in the evening I use Relax to help unwind. I take a minute to inhale the scent and get really grounded in that moment. It seems like a small thing, but it has a powerful effect on me.