Self-Care and Building Community while Social Distancing

Put in the chat one word that describes how your quarter is going!
Success Coaching

- 1:1 30-minute sessions
- Focus on a wide variety of study skills
- Students of all backgrounds, majors, and academic levels

Make an appointment on our website at:
https://academicsupport.uw.edu/academic-success-coach/
What are we talking about today?

- Self-Care
  - What is self-care?
  - Dimensions of wellness
  - Why self-care during social distancing is so important

- Stress

- Building community

- Activities!
  - Anxiety coping strategy
  - Creating a self-care plan
What is Self-Care?

Self-care is any activity that we intentionally do to take care of our own mental, emotional and physical health.

Sometimes self-care may take the form of treating ourselves like buying a fancy coffee.

Other times, self-care requires us to do things that may not feel as good in the moment, but will help us live healthier and happier lives long term.

**Examples:**

- budgeting
- eating healthy
- staying active
- meditating
- reaching out to friends
- getting enough sleep
- occasional pint of ice cream!
Self-care vs Self-Soothing

Self-soothing are temporary actions that help us have a better day and ignore negative feelings. Self-care focuses on overall emotional sustainability and meeting all needs, including dealing with negative emotions.

Self-soothing is an important part of emotional wellbeing but it is not a replacement for self-care.
Maintaining a sound substantial body through regular exercise, proper nutrition, sleeping well and avoiding harmful habits.

Being in touch with your emotional presence and being aware and comfortable with your own thoughts and feelings.

Relating, interacting and communicating well with others. Social wellness is also about being comfortable in your own skin to be able to contribute and engage in a healthy living environment.

Having a sense that life is meaningful and has a purpose.

Feeling of satisfaction about your financial situation and healthy spending habits.

Ability to manage academic workloads and prepare for the future. Setting challenging and healthy academic & career goals. Seeking resources to help you make decisions & succeed.

The 6 Dimensions of Wellness

- Emotional
- Spiritual
- Social
- Financial
- Physical
- Academic

Maintaining a sound substantial body through regular exercise, proper nutrition, sleeping well and avoiding harmful habits.
It’s Normal to feel More Stressed Right Now...

- Many Common Stressors in College
  - Transitioning into university life
  - Academic work OVERLOAD!
  - Personal stress

- Added Stress from Quarantine
  - Duration
  - Fear of Infection
  - Boredom/frustration
  - Loss of community
  - Uncertainty

Check-in!
Are you overly-stressed? Do you experience:

- High levels of anxiety
- Feelings of depression
- Abuse of alcohol/drugs
- Overeating or undereating
- Difficulty making connections
- High levels of irritability, mood swings
- Constant headaches
- Too much -- or not enough -- sleep
- Lingering illnesses and aches and pains
- Harming yourself
Election anxiety

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**ELECTIONS SUPPORT**

**Tuesday, Nov 3**
* Virtual Let’s Talk - Elections Support Edition, 2-4 pm (letstalk.uw.edu)
  * For one-on-one support with a counselor

**Wednesday, Nov 4**
* Managing Uncertainty, 9:30 am
  * Mindfulness workshop to address uncertainty related to the elections and current events
* Virtual Let’s Talk - Elections Support Edition, 2-4 pm (letstalk.uw.edu)
  * For one-on-one support with a counselor
* Elections Drop-in Support Space, 4-5 pm
  * For any student needing a space to talk with others, facilitated by counselors

**Thursday, Nov 5**
* Virtual Let’s Talk - Elections Support Edition, 2-4 pm (letstalk.uw.edu)
  * For one-on-one support with a counselor

**Friday, Nov 6**
* Virtual Let’s Talk - Elections Support Edition, 1-3 pm (letstalk.uw.edu)
  * For one-on-one support with a counselor
* Post-Elections BIPOC Healing Circle, 4-5 pm
  * For students who identify as BIPOC

**Monday, Nov 9**
* Elections Drop-in Support Space, 4-5 pm
  * For any student needing a space to talk with others, facilitated by counselors

Brought to you by the Counseling Center and Hall Health Mental Health
wellbeing.uw.edu / 206-543-1240
# H.A.L.T like a Husky

<table>
<thead>
<tr>
<th>Hungry? Grab a snack! Check out UW Food Pantry for help</th>
<th>Lonely? Reach out to your classmates! Check out UW RSO’s for more socialization ideas!</th>
</tr>
</thead>
<tbody>
<tr>
<td><a href="image">(Orange icon)</a></td>
<td></td>
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<tr>
<td>Angry? Anxious? Try a relaxation technique like square breathing! Check out hall health for more ideas</td>
<td>Tired? Thirsty? Make sure you are getting enough sleep and taking breaks when needed. Aim to drink 64 oz of water a day!</td>
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</table>
Activity: Short-Term Anxiety Coping Skill

5-4-3-2-1 Method

**Acknowledge 5** things you see around you. Anything in your surroundings!

**Acknowledge 4** things you can touch around you. Your hair? Chair? Coffee cup?

**Acknowledge 3** things you hear. This could be any external sound. If you can hear your belly rumbling that counts! Focus on things you can hear outside of your body.

**Acknowledge 2** things you can smell. Candle? Pencil?

**Acknowledge 1** thing you can taste. What does the inside of your mouth taste like—gum, coffee, or the sandwich from lunch?
### Strategies & Management Techniques

- **How do we ensure that we stay healthy physically, emotionally, and mentally?**

#### Physical
- Eat nutritious meals
- Drink plenty of water
- Exercise, which helps decrease depression and anxiety and improve moods
- Get enough sleep! 7-9 hours if possible
- Avoid alcohol and other drugs

**Reduces anxiety, stress, & depression & increases cognitive function**

#### Emotional
- Value yourself
- Surround yourself with good people; find your community
- Practice good coping skills: take a nature walk, play with your pet or try journal
- Set realistic goals
- Strive for balance
- Find purpose & Meaning

**Better control of thoughts, feelings, behaviors & deal with life's challenges**

#### Mental
- Quiet your mind
- Meditate
- Practice positive thinking
- Practice gratitude

**Boost mood & build resilience**

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Get help when you need it:
Seeking help is a sign of strength — not a weakness.

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**UNIVERSITY of WASHINGTON**
Quarantine-Specific Tips (take some, leave some!)

CREATE/LEARN
If you have time, consider picking up a new hobby. Painting, drawing, writing, crafting, cooking, dancing, graphic designing -- whatever you’ve always been curious about, but haven’t had the time!

BE KIND TO YOURSELF

BREATHE
Take a few moments each day and pause to relax ourselves and our nervous system.

EAT & SLEEP WELL
Practice making good home-cooked meals with whole foods and getting 7-9 hours of sleep a night.

CREATE ROUTINE
Getting up at the same time every day and adding activities in your day will help provide structure.

MOVE
It is so important to move your body! Exercise will boost motivation, focus, and help elevate mood.
Why Self-Care During Social Distancing is so Important

- **It affects our academics!**
  - 2015 survey found that students who reported psychological distress also reported receiving lower grades on exams
  - Research shows that having access to mental health services and good mental health habits can help prevent students from dropping out of college, increase GPA and student wellbeing

**but more importantly...**

- **Social distancing can affect your mental health and wellbeing!**
  - loss of structure
  - increased anxiety, stress, and depression
  - inability to visit friends and family in-person
  - loss of jobs and uncertainty
Your turn!

Put in the chat your favorite self-care activity
Building a self-care kit

**Physical or Mental Box**

**Comfort items:**
- candles, bubble bath, favorite sweater

**Activities:**
- grounding activities, coloring, supplies for hobbies

Tip: have different plans for different stressors - have a self care plan for stress, anxiety, etc. what might be different about them
Reaching Out

Building a Social Network is fundamental to wellbeing!

- Creates belonging, support, and purpose
- Keeps us engaged and motivated
- How can we create community?
  - Join a club - Link to HuskyLink:
    https://huskylink.washington.edu/organizations?categories=13604&categories=13608
  - Reach out to other students in your classes
  - Join online groups with shared beliefs and values
- How do I keep community while at home?
  - Phone calls and video chats
  - Netflix watch parties
  - Online games / online streaming platforms
  - Study sessions

UNIVERSITY of WASHINGTON
UW Social Media Communities

Building a Social Network is fundamental to wellbeing!

- Creates belonging, support, and purpose
- Keeps us engaged and motivated

- r/udub Community (Reddit)
  - www.reddit.com/r/udub/

- UW Teens For Boundless Memes (Facebook)
  - facebook.com/groups/299826420434932/

- Zoom Memes for Self Quaranteens (Facebook)
  - facebook.com/groups/zoommemes
Social Media Habits

Being mindful of how social media affects mental and physical health

Social Media Tips:
- Limit screen time during the day (there are apps that can help with that)
- Block or avoid triggering content
- Be aware of how certain apps and content may affect your self esteem
Helpful UW Resources

- **Mindfulness Practices**
  - Short online guided practices/videos to learn a quick movement or meditation practice to increase well-being
  - All under 20 minutes and work great for study breaks or time off between classes
  - Movement breaks, breathing techniques, guided relaxation, meditation, tips and techniques

- **Virtual Recreation Classes**
  - **Virtual Fitness** (Boot Camp, CORE Conditioning, Total Body, Zumba)
  - **Virtual Mindfulness** (Yoga and Meditation)
  - Free weekly livestream classes
  - Click links on website to register through Zoom
Other Helpful Resources

- **Sanvello**
  - Mobile app
  - Helps you monitor your well-being and teaches you coping strategies
  - Premium content is currently free in response to COVID-19

- **Headspace**
  - Free Mobile app
  - Exercises on managing anxiety to stress relief to breathing, happiness, calm, and focus
**Activity: Creating a Self-Care Plan**

While self-care is unique to everyone, following the acronym of CHEERS (to good health) can help get you started in developing your self-care plan.

**Challenge yourself to create an additional goal in each section!**

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<tbody>
<tr>
<td><strong>C</strong> change your mindset</td>
<td>• Altering the way you think about situations will alter the way you feel about and respond to them.</td>
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<tr>
<td>My goal is to</td>
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<tr>
<td><strong>H</strong> healthy eating</td>
<td>• There is a correlation between what you eat and how you feel physically and mentally. Proper nutrition helps boost wellbeing.</td>
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<tr>
<td>My goal is to</td>
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<tr>
<td><strong>E</strong> exercise</td>
<td>• Physical activity is one of the best self-care practices there is, so exercise regularly.</td>
</tr>
<tr>
<td>My goal is to</td>
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<tr>
<td><strong>E</strong> enjoy</td>
<td>• Routinely engage in things you enjoy. Have pleasure outweigh pressure.</td>
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<tr>
<td>My goal is to</td>
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<tr>
<td><strong>R</strong> relax</td>
<td>• Make a plan for how you will relax (e.g., breathing, imagery, music, sit in silence) and use these skills when needed.</td>
</tr>
<tr>
<td>My goal is to</td>
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<tr>
<td><strong>S</strong> sleep</td>
<td>• Good sleep hygiene is critical to overall well-being.</td>
</tr>
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<td>My goal is to</td>
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Break out rooms

Share one of the goals that you have from any letter from the previous activity
UW Mental Health Resources

- UW Counseling Center:
  - [https://www.washington.edu/counseling/](https://www.washington.edu/counseling/)
  - Links to resources for:
    - Group counseling
    - Individual counseling
    - Referrals
    - Crisis hotline
    - Mental health resources
    - Workshops
    - More!
Upcoming workshops:

- Wednesday 11/18 - Study Strategies for Finals
- Workshops for Winter Quarter - To Be Determined
YOU GOT THIS!

Questions? Email us!
aspcoach@uw.edu

Make a phone or zoom appointment on our website at:
https://academicsupport.uw.edu/academic-success-coach/
Questions?

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