

YOUR

Virtual Toolkit

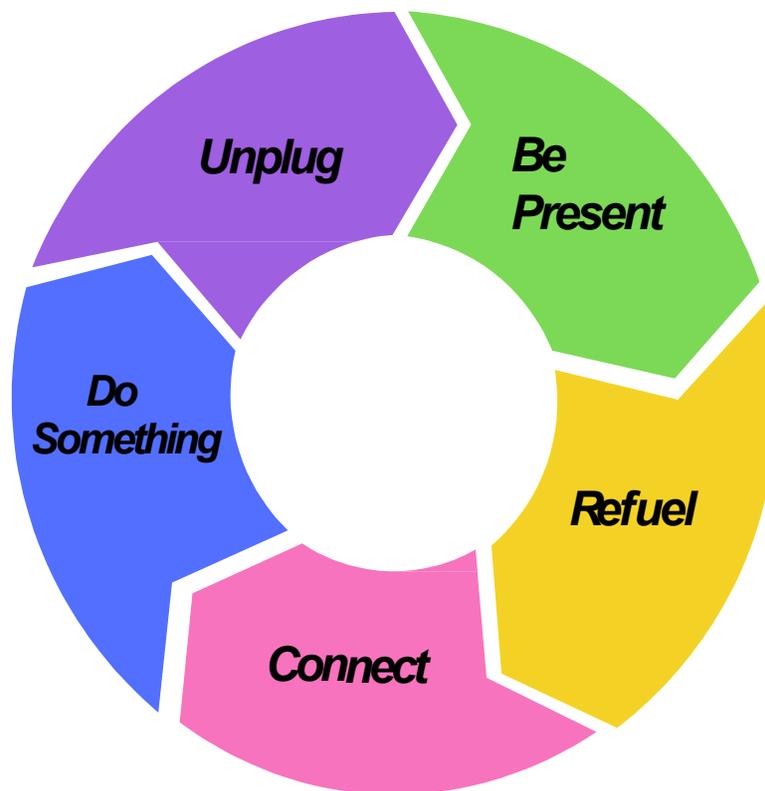
Self-Care Tips &
Resources to Cope With
Uncertain Times



STUDENT AFFAIRS
COUNSELING CENTER



#BeWellUofL



UNPLUG: Limit your consumption of social media and the 24-hour non-stop images. It's important to stay informed, but creating boundaries is important.

BE PRESENT: Use reflection to recognize your inner thoughts and feelings. Be curious and non-judgmental and give yourself permission to feel the way you do. Although avoiding can be useful in the short-term, "stuffing" or ignoring strong emotions can have negative impacts.

REFUEL: Focus on restoring yourself with rest and healthy food. Drink water and try to limit caffeine. Move a little every day. Take a walk; look at the sky; be in nature. Journal or meditate. Make art or watch funny videos. Read something fun.

CONNECT: Engage with supportive friends and allies. Talk about current issues, if needed, but be aware of when you're feeling overwhelmed. Not everyone will share your perspective, so it's OK to limit your topics and avoid heated conflict. Reach out to supportive services on-campus, including ULCC.

DO SOMETHING: Channel what you're feeling into positive, meaningful activity. Be informed and proactive around issues that matter to you. Find ways to engage in your community through advocacy in ways that fit for you.

UNPLUG

Stay informed, but know your limits:

Monitor how you feel after news consumption. Feeling preoccupied or even upset by national events may be a sign to cut back on your news intake and limit social media discussions.

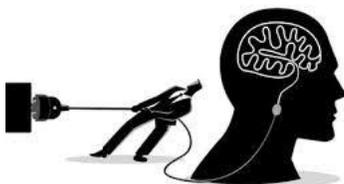


Consider scheduling a short block of time in the morning and one in the evening to catch up on news without checking for every new update during the day.



During “digital breaks,” take time to focus on something enjoyable, such as a hobby, exercising, being in nature or spending time with family and friends.

Check out [this video](#) for more tips for “unplugging” during a stressful election season.



BE PRESENT

Consider practicing **self-compassion** as you work through challenging or uncertain times. Try some of these [guided meditations and exercises](#) compiled by Dr. Kristin Neff, a renowned researcher of self-compassion.

Grab your phone and your earbuds and head outside for a guided [mindful walk](#) to de-stress.

Grounding

Grounding strategies can help us get in touch with our bodies and surroundings in the present moment. Take time to pause.

The [My Life](#) YouTube channel offers introductory videos to mindfulness and guided meditation 🧘

ULCC would like to acknowledge that mindfulness originated in Eastern spiritual traditions, namely Buddhism, and has since been popularized in Western countries in ways inconsistent with its original purpose.

Top Meditation Apps by Downloads in the U.S. for January 2020

Overall Downloads

- 1 Calm
- 2 Headspace
- 3 Breethe
- 4 Meditation App
- 5 Insight Timer
- 6 Sanity & Self
- 7 Synctuition
- 8 10% Happier
- 9 Abide
- 10 Aura

sensortower.com

SELF-SOOTHING

Self-soothing is a quick and effective way to reduce the intensity of negative emotions.



Sight

Low lighting
Soothing colors
Sleeping masks
Coloring books
Pinterest Collages

Touch

Soft things
Cuddle things
Massage
Hot/cold shower
Heated/weighted blanket



Sound

Calming noise
ASMR videos
Nature sounds
Guided meditations
Binaural beats

Smell

Aromatherapy
Fresh air
Candles/incense
Comforting smells



Taste

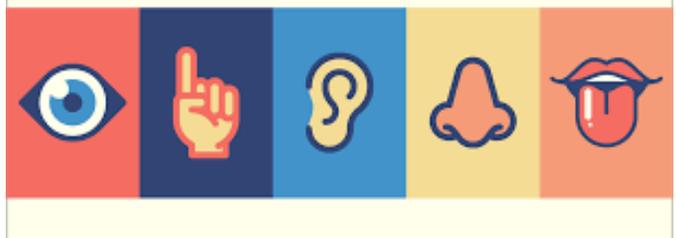
Strong flavors
Warm drinks
Eat slowly
Nostalgic flavors

www.blessingmanifesting.com

- Listen to nature or [soothing Tibetan singing bowls](#)
- Music is the language of the soul. Create a playlist of your favorite soothing music, or [try this one!](#)

The 5-4-3-2-1 Coping Technique

Ease your state of mind in stressful moments.



REFUEL

Balance

A national election during a pandemic? Focusing on your wellbeing is more important than ever! Making an effort to balance areas of your life will help you roll through challenging days more smoothly and keep you on the road to wellness.



Sleep

Is your sleep schedule irregular? Are you sleeping more or less than you would like? Are you having [trouble falling asleep](#)? If the answer to any of these questions is "yes," you may benefit from these sleep hygiene tips and resources!

<https://www.sleepfoundation.org/articles/sleep-hygiene>

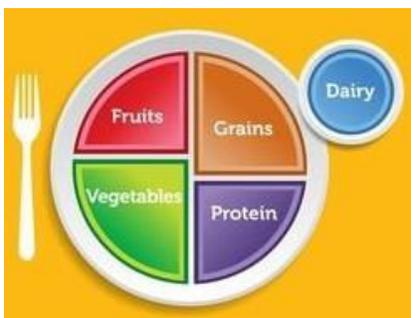


Eating and Nutrition

[UofL Dining](#) and [Health Promotions](#) want to help you eat well!

Visit the [Cardinal Cupboard](#) in the SAC for free food and pantry items

For more tips, guidelines, and health information, check out [this guide](#)



Exercise

UofL's [Student Recreation Center \(SRC\)](#) offers FREE [group fitness](#) classes for students!

[HSC Fitness Center](#)

Want more? Popsugar created a list of [links to free online workouts](#)

CONNECT

Five ways to build stronger connections

01
Write a letter

02
Pick up the phone and call

03
Ask meaningful questions

04
Answer questions with honesty

05
Connect via video

COMPASS

Robert Reffkin, Founder & CEO

Why Connect?

- to decrease loneliness, stress, depression, and anxiety
- to acknowledge collective trauma and experience solidarity
- to experience love and belonging
- to give and receive care and compassion

Connecting...connecting... connecting...

Zoom fatigue is real, but sometimes it's our only option. So how do we connect without MORE stress? Try these tips:

- Establish “no screen” blocks of time in your day – times when you don't have classes, meetings, etc. (See “UNPLUG” above)
- While turning off your camera during class can be a relief, make sure you don't do it all the time. Leaving your camera on, even if you can only see your instructor and one other brave student, can help you feel connected and and more focused on content.
- Avoid multi-tasking. Even though it can be tempting to use more than one device at a time or check emails and respond to texts while Zooming, focusing on the content of the meeting will actually give your brain a break! And we all need a bit more peace and focus right now!

Connecting Virtually

Try:

- Zoom dance party
- Netflix party
- House Party app
- Virtual group workouts

- [Meetup](#) events for all the things you love
- [Engage](#) @ U of L
- Support Groups @ [ULCC](#)
- [Explore](#) upcoming live and virtual events in Louisville

[5-minute loving-kindness meditation](#)

[Animal/Nature live cams](#)

Spiritual Connection

Spirituality can be one way to connect with yourself, others, nature, or a higher power(s).



DO SOMETHING

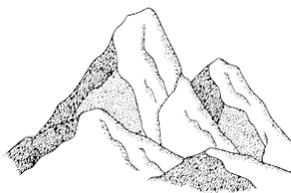
[Clubs and Organizations at The University of Louisville](#)

It can be challenging to stay motivated when everything around us seems chaotic and scary. But doing something—some action, no matter how small—can lessen some of the uncertainty.

What you do doesn't need to be political—taking a step to stand up for or stand in for a person or a cause or the environment means *we're not powerless*.

[Activism, service and generosity](#) are a few ways to promote a sense of empowerment and contribution when we may be feeling helpless. Want to have a voice in local or national politics? [Here are 25 ways to start!](#)

Simply want to support a cause that you care about? You can volunteer [locally](#) or for a chapter of a national organization. Here's a list of [non-profit organizations](#).



Learn how to [create a vision board](#)

Lean on your **STRENGTHS**

Knowing your strengths can help you address problems more effectively and engage in activities that generate confidence and purpose.

[Try taking the VIA Character Strengths Survey to identify](#) your strongest traits.



Think about what makes you feel whole, grounded, or like you. It can be helpful to consider *Maslow's Hierarchy of Needs*:

Self-actualization

desire to become the most that one can be

Esteem

respect, self-esteem, status, recognition, strength, freedom

Love and belonging

friendship, intimacy, family, sense of connection

Safety needs

personal security, employment, resources, health, property

Physiological needs

air, water, food, shelter, sleep, clothing, reproduction

Connect With Your Values

Identifying what is important to us can be one way to foster motivation. Try one of the values card sorts below and then consider how you can express your values on a daily basis.

- [Online values card sort](#)
 - [Printable version](#)

Additional Resources

On-Campus Resources

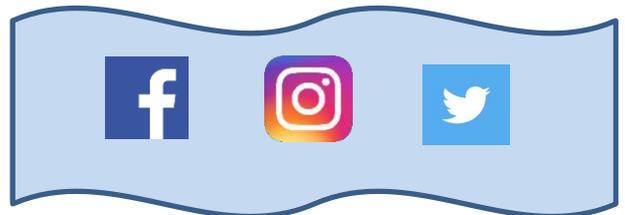
- Academic Advising
- Campus Health Services
- Campus Life
- Career Center
- Concern Center
- Counseling Center
- Dean of Students
- Disability Resource Center
- Office of Diversity & Equity
- International Center
- Intramural and Recreational Sports
- LGBT Center
- PEACC
- REACH: Resources for Academic Achievement
- Student Involvement
- TRIO Student Support Services

Want more information about mental health? Check out the [JED Foundation's Mental Health Resource Center](#)



The Counseling Center is offering virtual individual, group, and urgent consultation services to students. You can reach us Monday-Friday, 9am-5pm (502) 852-6585 email: coping@louisville.edu

Follow us on Social Media:



NEED HELP NOW?

*In case of a life-threatening emergency (including thoughts of hurting yourself or someone else), **call 911***

University Police (ULPD): (502) 852-6111

Emergency Psychiatry at the University of Louisville Hospital: (502) 562-3120

Adult Crisis Hotline 24/7: (502) 589-4313

National Suicide Prevention Hotline:
(800) 273-8255

Crisis Text Line: Text HOME to 741741

[The Trevor Project:](#) 1-866-488-7386

Thank you to our colleagues at other institutions for sharing their resources. Some information in this document was adapted from Penn State Harrisburg, Michigan State University and California State University at Long Beach. 



Hotlines

The [National Alliance on Mental Illness](#) (NAMI): (800) 950-6264. NAMI operates an emergency mental health hotline Monday-Friday, 10am to 6pm EST. Operators can provide information about mental illness and refer callers to treatment, support groups, family support, and legal support, if needed.

[National Institute of Mental Health](#) (NIMH): (866) 615-6464. NIMH has a variety of methods for you to communicate with knowledgeable people about mental health issues. In addition to the phone line, there is a [live online chat option](#). These resources are available Monday-Friday, 8:30 am to 5pm EST.

[Mental Health America](#): Text *MHA* to 741741. Mental Health America is a nationwide organization that provides assistance through this text line. You will be linked to someone who can guide you through a crisis or provide information.

[Crisis Text Line](#): Text *CONNECT* to 741741. Specialized crisis counselors are just a text message away on this free, confidential 24/7 support line. To further protect your privacy, these messages do not appear on phone bills. The text line also provides services and support if you are upset, scared, hurt, frustrated, or distressed.

[Substance Abuse and Mental Health Services Administration](#) (SAMHSA): (800) 662-4357. SAMHSA runs a 24-hour mental health hotline that provides education, support, and connections to treatment. It also offers an [online treatment](#) locator to help you find suitable programs.

[National Suicide Prevention Lifeline](#): (800) 273-8255. Free crisis intervention and emotional support are available when you need confidential assistance for you or a loved one during a time of emotional distress. The helpline and a [live online chat](#) are available 24/7.

[Trevor Project](#): If you are thinking about suicide and in need of [immediate support](#), you can call the Trevor Lifeline (866) 488-7386 or select *TrevorChat* online to connect with a counselor. The Trevor Project is the leading national organization providing crisis intervention and suicide prevention services to lesbian, gay, bisexual, transgender, queer & questioning youth.



Hotlines

[Trans Lifeline](#): (877) 565-8860. The Trans Lifeline is a trans-led organization that connects trans people to the community, support, and resources they need to survive and thrive

[National Domestic Violence Hotline](#): (800) 799-7233 or text *LOVEIS* to 22522 For any victims and survivors who need support. If unable to speak safely, you can visit thehotline.org. The same advocacy is offered through [chat services](#), available 24/7/365.

[Rape, Abuse and Incest National Network](#) (RAINN): (800) 656-HOPE (4673) is the nation's largest anti-sexual violence organization. RAINN created and operates the [National Sexual Assault Hotline](#). (800) 656-HOPE (4673). Individuals can speak confidentially to a trained staff member via phone or [chat](#) 24/7.

[Seven Counties Adult Crisis Line](#): (502) 589-4313. Seven Counties houses several programs for mental health, crisis, and substance abuse/addiction treatment, as well as referrals to appropriate community resources.

[National Eating Disorders Association](#) (NEDA) Helpline: (800) 931-2237 or text *NEDA* to 741741. NEDA offers support Monday-Thursday from 9am to 9pm EST.

You can expect to receive support, information, referrals, and guidance. You can also contact this helpline through its [online chat](#) function.

[National Association of Anorexia Nervosa and Associated Disorders \(ANAD\)](#):

(630) 577-1330. The ANAD helpline is available Monday-Thursday 10am-10pm, Friday 10am-6pm, and Sunday 6pm-10pm EST to provide resources & support. They will return calls for messages left outside of those hours.

[Disaster Distress Helpline](#):

(800) 985-5990 or text *TALKWITHUS* to 66746. This helpline is dedicated to providing immediate crisis counseling for people who are experiencing emotional distress related to any natural or human-caused disaster.

This service is multilingual and confidential.