

Self-Care Tips: Coping with COVID-19

Inner Self-Care

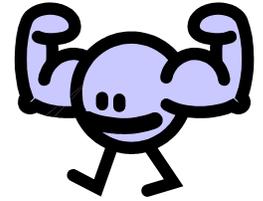
- Make a date with yourself. Spend time alone doing something that nourishes you.
- Praise yourself when you do something awesome.
- Read books and watch movies you enjoy.
- Paint or write something that lets out your creative energy.
- Unplug.
- [Journal](#).
- Dance!
- Learn something new, research something you're interested in; watch an online tutorial.
- Meditate.
- Take a quick nap. Only 10 to 20 minutes can reduce your sleep debt and leave you ready for action.
- Learn [mindfulness](#) or connect with a spiritual practice that vibes with you.

Outer Self-Care

- Eat something you enjoy.
- Have a long bath or shower, sit around in your bathrobe, and read magazines.
- Do a mini-declutter. Recycle three things from your wardrobe or clean out your backpack/purse.
- Reach out to someone you haven't spoken to in a while.
- Check on your friends.
- Stretch 5-10 minutes to get out the kinks helps your body and mind.
- Run or walk for a few minutes. Or go up and down the stairs two at a time, get your heart rate up.
- Give your body comfort. Pick something from your wardrobe that feels great next to your skin.
- Use lotion or a product that makes you happy.
- Spend virtual time with [real friends](#) and other people who lift you up. Schedule a FaceTime or Google Hangout session to connect!



Tips for Handling Stress



Get a good night's sleep. 7-8 hours is ideal for most people.

Make healthy choices. Good nutrition can improve energy levels and mood.

Get active. Exercise releases endorphins in the body, which are feel good hormones. Exercise is related to lower levels of anxiety and depression, as well as higher energy levels. Can't go to the gym? Add a 30 minute walk into your day.

Stay organized. Procrastination often leads to stress and feeling guilty. Write down all of your homework assignments and test dates, since this may have changed when classes went online.

Practice deep breathing, yoga, meditation, or anything relaxing. Check out YouTube for videos to help guide you.

Be creative. Take some time to express yourself using art supplies, craft materials, writing in a journal, or keeping a blog.

Make a playlist of relaxing music to listen to when you are feeling stressed.

Limit alcohol use. While it may seem like drinking may create a feeling of relaxation, excessive alcohol use is related to higher levels of anxiety and depression. Keep in mind that when you are feeling stressed, alcohol may only make things worse the next day.

Drink plenty of water. Dehydration can leave you feeling groggy and cause headaches. Water also helps flush toxins out of the body and prevent over-eating.

Take study breaks. After two hours, the brain will struggle to focus. Take a 10 to 20 minute break during a study session to grab a snack or relax. Then come back to your work when you are feeling refreshed.

Remember to practice social distancing Keeping your distance from others not only protects you, it protects those around you who may be more vulnerable.

Do something for yourself. Self-care is something that we tend to neglect when we are busy. Schedule in some time to go to the gym, be pampered, or go to that movie you've been wanting to see.

Talk to someone. Stress in college is normal, but if you are having difficulty, you may benefit from having someone to help you through the more stressful times. Talk to your family, close friends, or call the Counseling Center for a supportive phone consultation.