

# SPECIAL EDITION

Weekly Wellness & Counseling Newsletter | April 6th, 2020

## COMMON MISCONCEPTIONS ABOUT SELF CARE

01

### SELF CARE MEANS PROLONGED PLEASURABLE ACTIVITIES

Any thing in excess is not necessarily good for you. This includes sleeping, playing video games, alone time, and binge watching television. It is important to maintain a balance! A good way to identify if something is considered self care is to ask yourself, "Did I feel better after completing this task or activity?"

02

### PUTTING MYSELF FIRST MEANS PUTTING OTHERS LAST

While it is easy to think this way, this is an example of all or nothing thinking. In reality, life does not exist entirely in opposites. Sometimes, the best way to care for others is to make sure we are okay first! In fact, we improve our ability to help others when we take time for our physical and mental health. We may also be indirectly helping others by modeling healthy habits.

03

### SELF-CARE IS NOT SOMETHING I CAN AFFORD

Although we are primed to believe that expensive things are high quality and will make us feel good, that isn't always true. Challenge yourself to think of simple and enjoyable activities that you have enjoyed in the past. There are many practices that improve physical and mental well being that are simple and inexpensive (if not free). For example, YouTube videos that walk you through work outs are available online. Other examples include going for a walk, meditation, calling a friend, or journaling - all of which are affordable ways to build self-care into your routine.

04

### OTHERS NEED SELF-CARE, I DON'T

Everyone can benefit from self-care. Self-care looks different for each person. We are often reactive in our approach to self-care making it difficult to recognize when we need it. For instance, we may wait until after we feel burnt out to say "I really need a break". Working from home can make this even more difficult. As we do not have the physical boundary between school and home or work and home, it is important to enforce time boundaries to ensure work-life balance. Engaging with our feelings can improve our ability to assess when we need self-care. Proactively making time for self-care can also curb burn out and reduce stress in the long run.

INFORMATION ADAPTED FROM NAMI.ORG FOR FULL ARTICLE VISIT:

[HTTPS://WWW.NAMI.ORG/BLOGS/NAMI-BLOG/DECEMBER-2019/WHY-YOU-STRUGGLE-WITH-SELF-CARE](https://www.nami.org/blogs/nami-blog/december-2019/why-you-struggle-with-self-care)

**KEEP SCROLLING FOR MORE SELF-CARE TIPS AND IDEAS!**

# SOCIALLY DISTANCED SELF CARE



## MEDIA BREAKS

Stay informed but take intentional breaks from the news to manage anxiety.



## EXERCISE

There are many exercises that you can do at home. Consider going for a walk (stay 6 ft away from others & wash your hands when returning).



## MEDITATE

Scroll down for a list of apps that walk you through guided meditations. These can help with anxiety/racing thoughts.



## CREATE A SCHEDULE

Adjusting to change is hard, creating a routine can be helpful in managing feelings of uncertainty. Don't forget to include self-care!



## GET CREATIVE

Draw, write, paint, or engage in a hobby that you haven't been able to do in the past! Keep scrolling for more ideas.



## CALL A FRIEND

While we need to maintain a safe distance from others, remember to check in with friends and supports via phone calls or video calls.

# WORKING FROM HOME: SIMPLE WAYS TO SET BOUNDARIES



## DESIGNATE WORK SPACE OUTSIDE OF YOUR BEDROOM

Typically, we have physical boundaries and distance between work, class, and the space where we rest. In this period of quarantine, we find the space in which we work, attend class, and connect socially have overlapped. Designating separate spaces in your home for these activities can mimic the routine of getting up and leaving for work or school. It can also assist in maintaining boundaries while working at home.

## ACTIVELY COMMUNICATE

Working and schooling from home can be difficult. Things around the house can distract us, including family members. Practice assertive communication and share your work schedule with your family members so they can avoid disrupting your work flow. If this means practicing an open/closed door policy or utilizing signs on your desk to remind them, that's okay! This can also apply to co-workers. Let them know when you will be on or offline to help protect your personal time.

## DESIGNATE WORK HOURS

When at work and school, there were breaks during which you would have walked from one class to another. Your routine might have included going to class, meeting with friends, eating meals, and studying in your dorm. Try keeping those routines as much as possible. Take breaks between online classes to walk around the house or to take a socially distanced walk outside. Schedule time to video chat with friends at times you would typically see them. Most importantly, for those who work at home, set a time at which you stop work (including checking emails, answering work related calls, and sitting at your work station). Maintaining a routine can help with this adjustment period.





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# BE KIND TO YOUR MIND

A LIST OF HELPFUL APPS

## HEADSPACE

For iPhone and Android devices: Unique daily guided meditations, science facts and figures and progress reports, all designed to make it as easy as possible for you to get some calm and clarity.

## MINDSHIFT

For iPhone and Android devices: designed to provide you with tools for managing various types of anxiety, including test anxiety, perfectionism, social anxiety, performance anxiety, worry, panic, and conflict.

## VIRTUAL HOPE BOX

For iPhone and Android devices: Provides coping relaxation, distraction from overwhelming emotion, and positive thinking. Content can be personalized to meet specific needs.

## SELF-ESTEEM BLACKBOARD

Android app developed by a clinical psychologist using the methods of cognitive-behavioral therapy (CBT) to help improve self-esteem. If you're unhappy with yourself, or having problems with anxiety or depression, this app may be for you.

## BREATHE2RELAX

A portable stress management tool for iPhone and Android devices. It's a hands-on diaphragmatic breathing exercise. Breathing exercises have been documented to decrease the body's 'fight-or-flight' response, and help with mood stabilization, anger control, and anxiety management.

## PTSD COACH

Provides users with education about PTSD, information about professional care, a self-assessment for PTSD, opportunities to find support, and tools to help users manage the stresses of daily life with PTSD. Tools range from relaxation skills and positive self-talk to anger management and other common self-help strategies.

## MOODTOOLS

Provides tools developed by the Anxiety & Depression association of America. Includes thought diary, videos, safety plans, and tests to better understand your depression.

## ALOE BUD

For iOS: An easy self-care app that sends gentle nudges throughout the day, reminding you to drink water, eat, reach out to friends and more. Instead of guilt you if you aren't doing well, Aloe Bud encourages you to celebrate even the small victories.

## REMENTE

A self-improvement app for those who are looking to establish healthy habits. App provides a number of tools that assist with life balance, goal setting, mood tracking, stress management, and motivation.

# Self-care Ideas

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1. Clean
2. Cook or bake
3. Take a (timed) nap
4. Exercise
5. Watch TV or a movie
6. Listen to music/podcast
7. Write a letter or email
8. Play a game
9. Make art
10. Meditate
11. Complete journal prompts
12. Google hang out with friends
13. Call someone
14. Practice deep breathing
15. Play with pets
16. Read a book you like
17. YouTube tutorials
18. Take a socially distanced walk
19. Organize your closet
20. Use mental health apps

\*Remember: Examine whether what you're doing is helping or hurting the situation. If it's making things worse, do the opposite of whatever it is you feel like doing. Commit to it. For example: if you're angry and want to yell, try avoiding the person who your anger is directed towards (<https://www.activeminds.org/about-mental-health/self-care/>)