# Self-Care During the Pandemic

**Maintain Connection**
- Virtual hangouts
- Online gaming
- Watch free concerts online
- Write letters
- Call a friend or family member

**Take Care of Your Body**
- Maintain routine
  - Exercise
    - Go outdoors for a walk or run. You can even invite a friend to come along with you to keep you accountable.
    - If intensive exercise isn't your thing, consider yoga or stretching at home.
    - Do a guided meditation using free apps like Calm, Headspace, Unplug or others when you start to feel overwhelmed.
  - Maintain good eating habits and fuel your body with things you know will help it to feel better.
  - Keep up with your sleep. 7-9 hours of sleep a night will help keep your stress in check and keep your brain more focused.

**Take a Break from News or Social Media**
- While it is important to stay informed, sometimes too much information can be overwhelming. Here are some signs that you may need to pull back from social media:
  - Feeling anxious about interacting online or after you log off
  - If you feel inadequate about an aspect of your life (social life, appearance, etc.) when you finish scrolling your news feed.
  - If you feel more lonely after scrolling then you do before you go online
- Instead of constantly refreshing your news feed, cut back and set specific times once or twice a day that you will check in with your social media.
- It is also okay to take the apps off your phone or turn off notifications if you feel like you need to.

# Create space for school

## Physical space

- Set up an at-home learning space to give you a comfortable setting to study.
- Remove all distractions.
- Have easy access to everything you need.

- Make sure it is well-lit.
- Create a balance. When it's time to get out of study mode, put your things away to create distance between your personal time and school time.

**Time management**

- Set up a routine you follow every day.
- Plan ahead. Use a calendar (electronic or paper) to plan out daily and weekly assignments and activities.
- Don't multitask. Focus on one assignment at a time and concentrate on the present.

**Declutter your work environment**
- Decluttering your space can help you feel more focused and even help improve your sleep.
    - Organize based on what you use the most
    - Only keep the things you need, and toss the things you don't.
    - Put similar things together in a container.
    - Wipe down your space
- Don't forget your laptop
    - Empty your recycling bin
    - Close tabs you no longer need. Bookmark tabs you would like to go back to later, but won't get to right now.
    - Keep things organized. Group documents or files in folders if possible.

**All feelings are valid**
Even when you are doing all of these things to take care of yourself, it can still feel overwhelming. Catholic University has a Counseling Center that is open to all full-time students who need to talk. The Counseling Center supports students in a variety of ways, including:

- Setting up a weekly individual therapy appointment
- "Let's talk"
- Group: Mental Health Toolkit
    - This group meets on Wednesdays from 5:10-6:30pm
    - More information can be found at https://counseling.catholic.edu/services/group-therapy/current-groups.html under the title "Building Your Mental Health Pandemic Toolkit