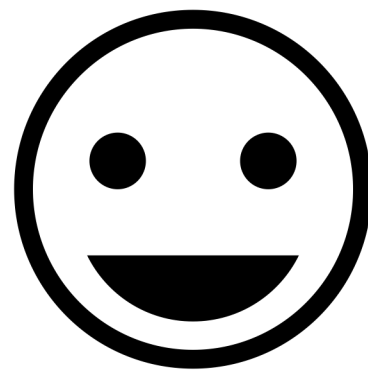


Self-Care Resources and Reminders

College LIFE



An Acknowledgement

- Living through the COVID-19 outbreak is very tough right now. Everyone has different living and learning situations and we see that. We want your time through mostly-virtual college to be manageable and enjoyable.
- We want to share some great self-care resources/activities that will help you stay balanced and happy in this virtual environment

Remember: you are not alone!

UMD Counseling Center

- Our Counseling Center has many resources for mental health and Covid-19 specific coping strategies
 - [Click here for the Counseling Center's COVID-19 Care and Support Resources page](#)
- They also have a page that outlines common concerns student have, such as stress or anxiety, and what resources they can provide to help
 - [Click here for the Counseling Center's Common Concerns page](#)

UMD Counseling Center

- To begin meeting with a counselor about your concerns, you must first have an intake appointment
 - At your intake appointment, a counselor will meet with you to go over your concerns and decide how to address them
- They can then refer you to [workshops](#) and/or [counseling](#) (click on either to learn more)
- [Click here for more information on how to schedule your intake appointment](#)
 - You can also call the Counseling Center at (301) 314-7651

College LIFE's 5 Tenets of Selfcare

1. Getting enough sleep
2. Eating regularly
3. Spending time outside
4. Making time for yourself
5. Staying connected with others



Establishing Sleeping Habits

- Why sleep is important:
 - Sleep improves your **mood**
 - Sleep benefits **mental health**
 - Sleep strengthens your **immune system**
- How to sleep well:
 - Establish times to go to bed and wake up every day
 - Set aside an hour before bed to relax
 - Only use your bed for sleep, i.e. do not do work or use your computer in bed
 - Stay active during the day, take a walk outside
 - Expose yourself to outside light during the day

[Click here for more advice from the SleepFoundation.org on how to sleep well during the COVID outbreak](#)

Implementing Healthy Eating Strategies

- Eating keeps you energized and alert, and it is important to have nourishing meals every day

For those who are able to and/or have access to the necessary resources:

- Establish a rough schedule for when you will eat 3 meals throughout the day
- If you can, have a meal with others to combat feelings of isolation – remember to practice social distancing if meeting in-person
 - *College LIFE Tip:* if you can't meet in-person to have a meal, set up a Zoom lunch or dinner date with a friend!
- Eat meals with...
 - fruits and vegetables
 - whole grains
 - protein (tofu, meats, etc.)
 - plenty of water

[Click here for more information from the Harvard Medical School on healthy eating practices](#)



Fun Outdoor Activities

For those who are able to and/or have access to the necessary resources:

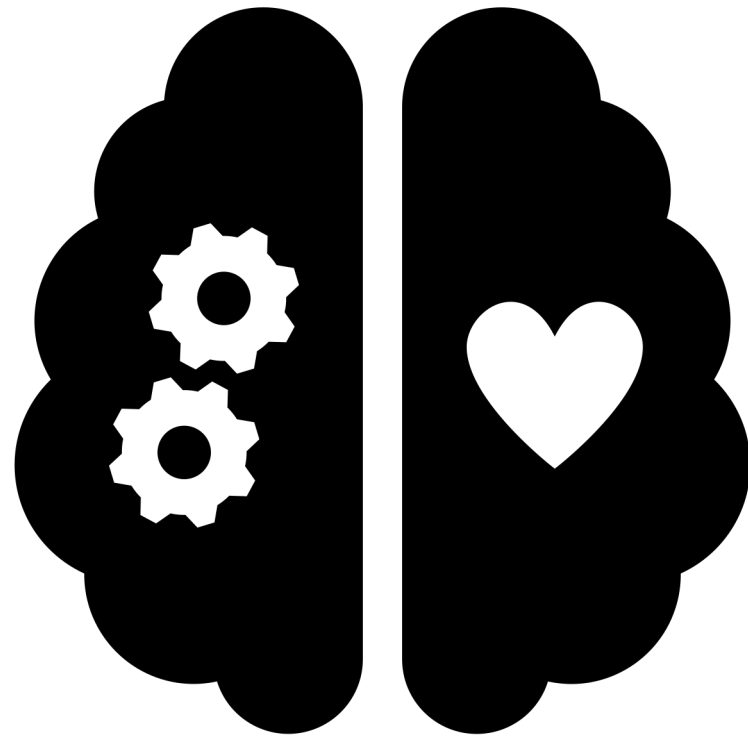
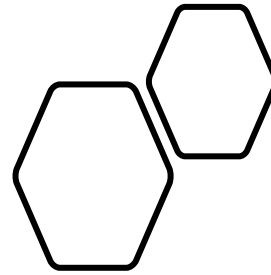
- No-contact sports like lacrosse or tennis are fun and social-distanced activities
- Yoga or meditation outside can refresh your mind and boost your mood
 - [Click here to read a New York Times article about beginner yoga poses](#)
- Outdoor picnics are fun on your own or with friends
 - *College LIFE Tip:* bring a speaker outside to listen to music while you eat and relax!
- We realize being outdoors may be stressful during the pandemic – if you are in a public space remember to wear your mask and maintain social distancing

How to Spend Time With Yourself

- One way to benefit your mental health is by making “me time” – set aside a little time every day to spend time alone and reset
- Beneficial activities to do by yourself:
 - Journaling ([click here for 50 therapeutic journaling prompts](#))
 - Listen to music and/or dance!
 - Read a new book
 - Unplug from social media
 - Meditate and self-reflect ([click here for a beginner's guide to meditation](#))

How to Spend Time With Others

- Again, we realize that spending time with others is a little different right now due to the pandemic – but it is still important to interact with friends and loved ones!
- How to spend time with people you do not live with:
 - Social-distancing picnic outdoors ([click here for tips on having a safe picnic](#))
 - Scheduled video lunch dates over Facetime or Zoom
 - Watch a movie with friends online using [Netflix Party](#)
- How to spend time with people you live with:
 - Bake or cook a meal
 - *College LIFE Tip:* try to eat a meal with your cohabitators (whether it's your family or a roommate) every night
 - Watch a movie or TV series
 - Play cards or board games



We understand not everyone will have the necessary abilities/resources to follow all these suggestions.

If you feel that you need more support, please reach out to the Counseling Center for more information.



Remember to take care of
yourself! You are important.

Additional Resources

- [7 Self-Care Recommendations for College Students During COVID-19](#)
- [UMD COVID-19 Care & Support Resources](#)
- [CDC Coping with Stress](#)
- [Binghamton University 10 Ways to Practice Self-Care During the COVID-19 Outbreak](#)