



Campus COVID Update

SELF-CARE TIPS FOR STUDENTS THRIVE during COVID

It's normal to feel overwhelmed or stressed during uncertain times.

Taking care of yourself is important, so here are some tips for thriving during COVID:

TOGETHERNESS: This is an isolating experience. Keep up your social connections and get support from relationships. This is the time to stay in touch, support each other and check in on friends, family and community members. Move beyond texting or social media and get creative about ways to maintain vital social connections.

HEALTH: Sleep is natural healing for your body and brain, so get the proper amount of sleep for you. Practice good sleep hygiene by keeping a consistent sleep schedule and bedtime routine. When stressed, it's easy to fall out of routines. Move your body! Exercise can really help to decrease stress levels. Walking, running, yoga, hiking and biking are some activities you can do without going to a gym. Eat healthy and balanced meals to give your body the nutrients it needs to thrive. Take breaks from screens and exposure to news. It's important to stay informed, but know when it's time to pause.

RESILIENCE: Don't underestimate your own resilience. People tend to overestimate how much negative events will impact them and underestimate how well they can cope. Everyone reacts differently to stressful situations. Watch for emotions that are difficult to manage or interfere with daily activities and get professional help if you need it.

INSIGHT: Mindfulness can help us be more aware of the present and not overly reactive or overwhelmed by what's going on around us. It helps to reduce anxiety and bring calm. Meditation can be a great way to build self-awareness and develop a way of managing stressors. Soothing the nervous system can help bring us back to a healthy place.

VITALITY: Create a new healthy habit for yourself. Explore something new virtually — visit a museum, national park, or concert. While we don't know when we can resume our regular activities, we do know that this is temporary. It will get better and you can take action to make that happen for yourself. Focus on things you can control and things you are grateful for.

EMPOWERMENT: Set realistic goals for yourself. Stress uses up a lot of energy and you may feel unfocused or unproductive. Allow yourself to adjust expectations of yourself and others. Make a plan and create structure to help reduce stress. Reflect on what makes life meaningful for you and find ways of connecting with your purpose. It might be art, music, or spiritual practices.

For more information on Counseling Services, please visit <https://inside.SouthernCT.edu/counseling>

Also, follow SCSU's Thrive Instagram account for helpful connections to well-being topics [@thrivescsu](https://www.instagram.com/thrivescsu)



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